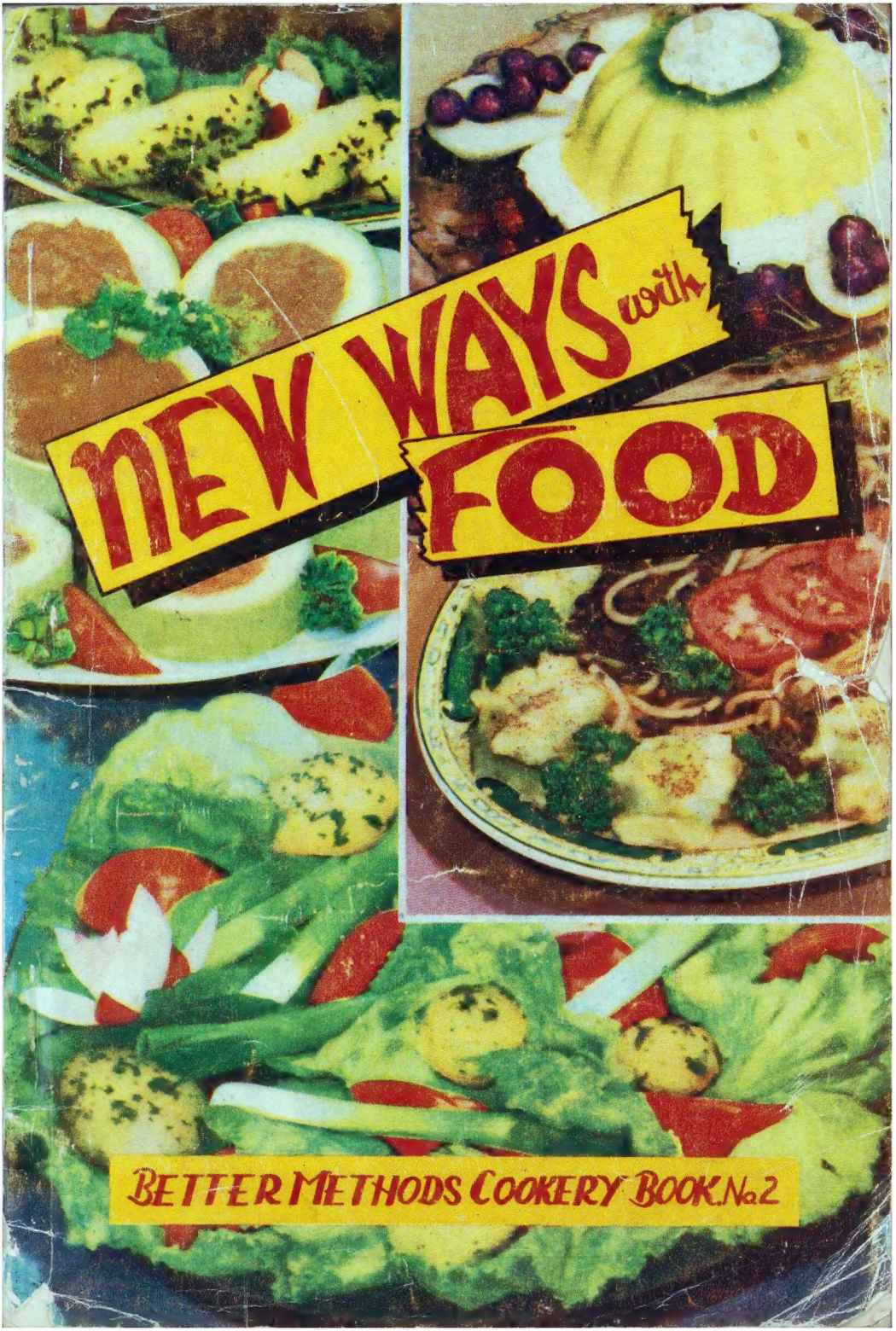
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NEW WAYS WITH FOOD

H. A. ROBERTS

NEW WAYS with FOOD !

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CAREFULLY TESTED
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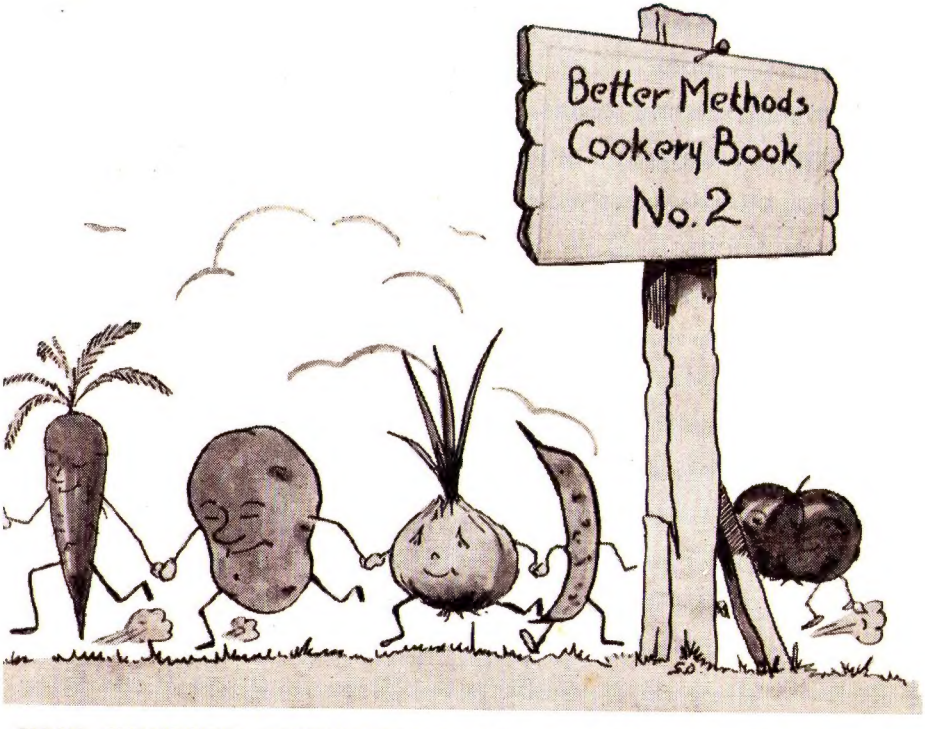
Hilda Marshman



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WEIGHTS and MEASURES

ALL CUP AND SPOON MEASUREMENTS IN THIS BOOK ARE LEVEL. Measures, however, are only approximate, and best results are obtained by carefully weighing ingredients. Flour is sifted after measuring.

Eight ounce cup measurement: Always use a glass standard measuring cup (holding 8 fluid ounces), which is measured off in eighths, quarters, halves, and thirds. Fill to the 8 oz. mark only.

Plastic spoon measurements: The set of three standard spoons manufactured to correspond with the 8 oz. measuring cup, are the most reliable. These are the spoons referred to in this book. The plastic tablespoon holds one medicinal tablespoon (½ oz. fluid measure, British standards), and is also useful for measuring baby foods and medicines. These sets of spoons are in plentiful supply in the shops, and their low cost brings them within the reach of all.

For those who wish to convert household spoon measurements into standard plastic spoon measurements, or vice versa, it is well to remember that household spoons, manufactured for meal table use, are not therefore made to any standardized size, but vary with the desire of the manufacturer. Tablespoons vary between ¾ and 1 ounce sizes (fluid measure), while the dessertspoon is usually a shade smaller than the ½ ounce plastic tablespoon. The household teaspoon is approximately one-quarter times larger than the plastic teaspoon.

We look forward to the time when plastic standardized measuring spoons will be accepted with the same general approval as has been their companion the 8 oz. measuring cup, thus providing one common cup and spoon measurement between recipe makers and users.

3 plastic teaspoons	=	1 tablespoon,	or ½ oz. fluid measure
16 plastic tablespoons	=	1 cup	„ 8 ozs. „ „
2½ cups	=	1 pint	„ 20 ozs. „ „
5 cups	=	1 quart	„ 40 ozs. „ „

Bread-crumbs, soft, fine, grated (lightly filled)	1 cup	= 3 ozs.
oven-dried	1 cup	= 4 ozs.
Butter	1 level tablespoon	= ½ oz.
„	1 cup	= 8 ozs.
Dates, chopped	1 cup	= 5 ozs.
Flour	1 level tablespoon	= ¼ oz.
„	1 cup (spooned into)	= 4 ozs.
Honey	1 level tablespoon	= ¾ oz.
„	1 cup	= 12 ozs.
Milk, powdered	3 level tablespoons (makes ¼ pint)	= ¾ oz.
„ „	⅔ cup (makes 1 pint)	= 3 ozs.
Raisins	1 cup	= 6 ozs.
Rice	1 cup (makes 3 cups cooked)	= 8 ozs.
Soy bean flour	1 cup (lightly filled)	= 3 ozs.

Sugar, crystal	1 cup		= 8 ozs.
„ brown	1 cup	(lightly filled)	= 5 ozs.
„ castor	1 cup	„ „	= 6 ozs.
„ icing (unsifted)	1 cup	„ „	= 5 ozs.
„ „ (sifted)	1 cup	„ „	= 4 ozs.

OVEN TEMPERATURES

Very slow oven	300° F. electric;	250° F. gas
Slow oven	350° F. „	300° F. „
Moderate oven	400° F. „	350° F. „
Hot oven	450° F. „	400° F. „
Very hot oven	500-550° F. „	450-500° F. gas

SODA AND BAKING POWDER

Soda should never be added in cooking vegetables, nor in the mixing of any food preparations. Soda destroys vitamins, and is injurious to the delicate lining of the stomach.

Do not use baking powder in place of yeast in breadmaking. Yeast makes the best bread, and is the most healthful type of leaven for breadmaking. In the making of gems, it is unnecessary to add baking powder to the mixture, as the lightest and sweetest gems can be made from the unleavened batter.

Hot raised breads, whether raised with yeast or chemicals, should never be eaten: they are indigestible. But this rule does not apply to the eating of unleavened breads while still hot.

Soups

SOUPS

CELERY SOUP

2 cups diced celery
1 medium diced onion
2 cups vegetable liquid or water
2 level tablespoons butter substitute
2 level tablespoons flour
2 cups hot milk
2 level teaspoons salt
Chopped parsley, toast sippets

Place celery, onion, vegetable liquid or water in saucepan. Boil slowly until very tender. Press through coarse sieve. Melt shortening, add flour, cook 3 minutes without browning. Add hot milk, celery puree; continue stirring until it boils and thickens, simmer 5 minutes. Season with salt. Serve hot, sprinkled with chopped parsley, and toast sippets. Yield 1 quart.

CHILLED VEGETABLE CHOWDER

1 cup tinned sweet corn
2 cups chopped, skinned tomatoes
1 small, finely sliced onion
1 level tablespoon sugar
2½ level teaspoons salt
1 cup cold water
1½ level tablespoons flour
Extra ¼ cup water
½ cup evaporated milk
Whipped cream, parsley to garnish

Into a saucepan place corn, tomatoes, onion, sugar, salt, water. Bring slowly to boil, simmer ½ hour. Add flour blended in extra water, stir until thickens, simmer 5 minutes. Remove from heat, add milk. Cool, and chill. Serve with a fluff of salted, whipped cream sprinkled with chopped parsley. (If reheated, do not boil, or the soup will curdle). Yield approximately 4 cups.

CREAM OF SPLIT PEA SOUP

1 cup diced potato
1½ cups diced carrot
1½ cups diced onion
5 cups vegetable liquid or water
1 cup split peas
3 level tablespoons butter substitute
3 level tablespoons flour
2½ cups milk
3 level teaspoons salt
Toast sippets to garnish

Bring vegetables and liquid to boil in saucepan, then add peas. Boil gently 1 hour until soft. Press through wire sieve. Make a sauce of the shortening, flour, milk. Add pureed vegetables and peas; cook until like thick cream, stirring frequently to keep off the bottom of saucepan. Add salt, serve at once garnished with toast sippets. Yield 7 cups.

GREEN PEA SOUP

2 cups shelled green peas
½ cup finely chopped celery
¼ cup chopped turnip
2 level tablespoons minced onion

Place peas, celery, turnip, onion, stock or water, in saucepan, cook gently until very tender. Press through strainer. Make a sauce of the fat, flour,

2 cups vegetable stock or water
2 level tablespoons margarine
3 level tablespoons flour
3 cups milk
2 level teaspoons salt
Toast sippets

milk; simmer 5 minutes. Add pureed vegetables. Reheat, season with salt. Serve immediately with toast sippets. Yield 1 quart.

LIMA CREME SOUP

1 cup Lima beans
⅓ cup unpearled barley
6 cups water
1 cup chopped celery
1 cup chopped carrot
½ cup chopped onion
¾ cup dry, powdered milk
¼ cup chopped parsley
1 level tablespoon salt
Sippets

Soak beans, barley, overnight. Drain. Add 6 cups water, boil gently until very soft, press through sieve. Return to saucepan, add chopped vegetables, simmer until tender. Blend powdered milk to a thick cream in small amount of cold water, add to soup. Reheat. Add parsley and salt. Serve immediately with toast sippets. Yield 2¾ pints.

SWISS POTATO SOUP

2 cups diced potato
1 cup diced onion
3 cups cold water
½ cup flour
Pinch salt
1 egg yolk
2 level teaspoons shortening
¼ cup milk
1 cup evaporated milk
2½ level teaspoons salt
Chopped parsley

Put potato, onion, water, into saucepan, boil gently until tender, press through sieve. Return to saucepan. Mix flour, pinch salt, with egg yolk beaten with melted shortening and milk. Pour into colander stood over boiling soup. Press batter through colander (slowly, or will stick together) with spoon. Simmer further 15 minutes. Add hot, evaporated milk, salt. Serve immediately, garnished with chopped parsley. Yield 1 quart.

TOMATO CREME SOUP

2 level tablespoons margarine
1 small onion
2 level tablespoons cornflour
3 cups milk
3 cups, sieved, cooked tomato
1 level tablespoon paprika
1 level tablespoon salt
Croutons.

Melt fat in saucepan, add minced onion, cook until soft. Blend cornflour in small amount of the milk. Boil remainder, stir into blended cornflour, return to saucepan, stir until boils and thickens, simmer 5 minutes, stirring frequently. Draw saucepan aside. Stir hot tomato gradually into white sauce, but do not allow to boil. Add paprika, salt. Serve immediately with croutons. Yield approximately 1 quart.

VEGETABLE NOODLE SOUP

1½ cups chopped vegetables (celery, carrot, turnip)
½ cup chopped onion
2 cups sieved tomato
2½ cups vegetable stock or water
¼ cup noodle stars
2 level tablespoons peanut butter
1 cup hot milk
Salt to taste
Toast sippets

Place vegetables, onion, tomato, stock or water, into saucepan, boil gently until quite tender. Add noodles, cook a further 20 minutes. Draw aside. Stir in peanut butter blended smooth in hot milk, but do not re-boil. Season with salt. Serve hot with sippets. Yield 1 quart.

CHILLED TOMATO SOUP

2 cups tomato juice or puree
2 cups vegetable stock or water
1 small onion
2 level teaspoons Marmite
2½ level teaspoons peanut butter
Salt to taste
Melba Toast

Simmer tomato juice or puree, stock or water, grated onion, in saucepan 5 minutes. Strain. Add Marmite, peanut butter blended in a little of the soup. Add salt to taste. Cool, and chill. Serve with wafer-thin slices of Melba Toast Yield 1½ pints.

ENTREES and OTHER MAIN DISHES

ENTREES and Other Main Dishes

HOMEMADE NUT MEAT

1 level teaspoon Sanitarium Kwic-Bru (optional)
1 level teaspoon Marmite
2 level teaspoons salt
2 cups cold water
9 ozs. (1½ cups) gluten flour (as used by bakers)
8 ozs. (1 cup) peanut butter

Combine Kwic-Bru, Marmite, salt, water; stand to dissolve. Stir in gluten flour, stand 4 minutes to soak, knead 3 minutes until elastic. Work in peanut butter by pulling and tearing apart, and squeezing through fingers until thoroughly and evenly blended—takes about 4 minutes. Press into oiled tins, cover, steam in boiling water 3-5 hours. Turn out of tins, use when cold.

As gluten flour varies, it may be sometimes necessary to use a little less than the above to avoid having a tough product.

HOMEMADE NUTOLENE

2 ozs. (¼ cup) peanut butter
9 ozs. (1⅛ cups) water
2 level teaspoons cooking oil
1 beaten egg
2 ozs. (½ cup) white flour
1 oz. (¼ cup) Sanitarium Gluten Meal
½ level teaspoon thyme
½ level teaspoon sage
¼ level teaspoon dehydrated onion
1½ level teaspoons salt

Blend peanut butter in little of the water until like smooth cream; add remainder of water, oil (or melted margarine), beaten egg. Mix gradually into dry ingredients to form a smooth, thin batter. Pour into oiled tin, leaving room for rising. Cover with double, greased paper or lid, steam in boiling water 3 hours. When cold, turn out; slice, and serve with tomato sauce, or use in recipes when Sanitarium Nutolene is not at hand.

When Sanitarium Gluten Meal is not at hand, use an extra ½ oz. white flour (⅔ cup in all) to replace the 1 oz. of Gluten Meal.

CREAMED NUT CHICKEN WITH RUSK TOPPING

2 level tablespoons margarine
4 level tablespoons flour
⅔ cup dry, powdered milk
½ cup cold water

Melt fat in saucepan, stir in flour, cook 3 minutes without browning. Blend powdered milk in ½ cup cold water, add hot vegetable liquid or water

½ cup diced, cooked celery
1 cup cooked green peas
1 level tablespoon grated onion
2 level tablespoons chopped parsley
Hot vegetable liquid or water
1 level teaspoon salt
8 oz. tin Sanitarium Nutolene
1 cup diced, cooked potato
2 thick slices day-old bread
1 egg
2 tablespoons milk
⅛ level teaspoon salt

to make up to 3 cups milk. Stir slowly into saucepan, keeping sauce perfectly smooth, continue stirring until boils and thickens. Add salt to taste, lightly fold in diced Nutolene, vegetables. Turn into casserole dish.

Trim crusts from bread, cut into tiny cubes. Place close together on top of pie, commencing around outer edge, and working towards centre. Leave an open space in centre of top for escape of steam. Moisten surface of bread with egg, milk, and salt beaten together. Reheat in hot oven until topping is crisp and brown.

GRILLED NUTOLENE AND TOMATOES WITH PARSNIP FRITTERS

1 lb. tin Sanitarium Nutolene
4 medium tomatoes
Salt
Parsley sprigs

Cut Nutolene into 8 slices. Halve unpeeled tomatoes sideways, sprinkle with salt, place under hot griller with Nutolene slices until tomatoes are thoroughly heated and soft, and Nutolene lightly browned on both sides. Serve on hot dish with Parsnip Fritters; garnish with parsley sprigs. Serves 4.

PARSNIP FRITTERS

1⅔ cups mashed boiled parsnip
1 beaten egg
1 oz. (¼ cup) plain flour
1 level tablespoon chopped parsley
1 level teaspoon salt
Little margarine for pan

Combine all, mixing thoroughly. Drop from spoon into hot, lightly greased frying pan, flatten with back of spoon. Cook slowly until golden brown underneath. Turn to brown other side. Serve piping hot with Grilled Nutolene and Tomatoes.

NUT FISH PATTIES

8 oz. tin Sanitarium Nutolene
2 level tablespoons peanut butter
1½ cups mashed potato
1 beaten egg
2 ozs. (⅔ cup) soft breadcrumbs
1 level tablespoon chopped parsley
1 level teaspoon grated onion
½ level teaspoon salt

Mince Nutolene with fork, blend peanut butter into potato, mix all thoroughly. Roll in oven-dried crumbs, press out to ¾-inch thickness. Cut into patties, dot with margarine. Bake in moderate oven (400° F. electric, 350° F. gas) 30 minutes. Increase heat until golden brown, or brown under griller. May also be cooked in frying pan. Yield 12 patties.

NUTOLENE CREAM IN POTATO CASE

2½ cups mashed potato
1 level tablespoon butter substitute
1 tablespoon milk
1 egg
½ level teaspoon salt
1 cup milk
2 level tablespoons minced onion
½ cup diced, cooked carrot
1¼ level teaspoons salt
Extra level tablespoon shortening
2 level tablespoons flour
16 oz. tin Sanitarium Nutolene
½ cup buttered breadcrumbs
Parsley sprig

Beat hot potatoes with shortening, milk. Add beaten egg, salt. Line base and sides of greased pie dish with potato.

Melt extra shortening, add flour, salt, cook 3 minutes. Add cup of milk, stir until boils and thickens, add onion, carrot, diced Nutolene. Turn into potato-lined dish, top with crumbs. Bake in hot oven (450° F. electric, 400° F. gas) 30-40 minutes until thoroughly reheated and lightly browned. Serve hot, garnished with parsley. Serves 4-5.

NUT FILLET WITH SOY YORKSHIRE PUDDING

½ lb. tin Sanitarium Nut Meat
½ lb. tin Sanitarium Nutolene
½ lb. thinly sliced onion
2 level tablespoons margarine
¼ cup Browned Flour (page 39)
Pinch sage
2 cups vegetable liquid or water
1 level teaspoon Marmite
2 level tablespoons tomato sauce
Salt to taste

Cut Nut Meat and Nutolene each into 8 slices; halve the slices. Place layer of Nut Meat in baking dish. Soften onion in hot fat in lidded saucepan. Lay softened onion on each slice of Nut Meat, top with sliced Nutolene. Prepare gravy. Stir Browned Flour, sage, into remaining fat in saucepan, gradually add hot vegetable liquid or water, stir until boils. Blend in Marmite, tomato sauce, salt. Pour hot gravy over fillet in dish. Bake in hot oven (450° F. electric, 400° F. gas) 45 minutes. Serve hot with Soy Yorkshire Pudding. Serves 6-8.

SOY YORKSHIRE PUDDING

4 ozs. (1 cup) plain wholemeal flour
1 oz. (⅓ cup) pollard or wheat germ
½ oz. (3 level tablespoons) soy bean flour
½ level teaspoon salt
1 egg
½ pint milk
1 level tablespoon white margarine

Sift dry ingredients into bowl. Make a "well" in centre; gradually add beaten egg and milk, working in flour from sides until smooth batter is formed; beat well. Allow to stand at least 1 hour. Put margarine in 8-inch sandwich tin, heat on top of stove until fat "smokes." Draw aside, pour in batter, bake in hot oven (450° F. electric, 400° F. gas) 30 minutes, until well risen, and a lovely brown all over. Serve hot with Nut Fillet.

NUT HASH IN POTATO BORDER

½ lb. tin Sanitarium Nut Meat
2 onions, or 1 clove crushed garlic
4 carrots
2 turnips
3 level tablespoons margarine
3 level tablespoons Browned Flour (page 39)
1 cup sieved, cooked tomato
1 cup vegetable liquid or water
1 level teaspoon salt
Mashed potatoes

Dice Nut Meat and vegetables. Brown vegetables in hot fat in saucepan. Stir in Browned Flour, add hot tomato, vegetable liquid or water, salt. Stir until boils. Cover, simmer gently. Ten minutes before vegetables are done, correct salt, and add diced Nut Meat. Turn on to hot serving dish in centre of border of fluffy mashed potatoes. Garnish with parsley sprigs. Serves 4.

NUT MEAT FOLD-UPS

½ cup chopped onion
⅔ cup diced, raw potato
1 level tablespoon margarine
1 level tablespoon browned flour
½ cup potato liquid
½ level teaspoon salt
¼ lb. Sanitarium Nut Meat
1 level tablespoon chopped parsley
6 ozs. Wholemeal Short Pastry page 61)

Cook onion and potato in water until soft. Drain, save water for use in gravy. Melt fat, add flour, stir in potato liquid, continue stirring until boils. Remove from heat. Use a fork to fold in salt, diced Nut Meat, parsley, cooked onion, and potato. Allow to become cold. Roll pastry thinly, cut into six 4½-inch squares. Place filling on each pastry square, moisten edges. Bring corners up to centre, press edges firmly together to enclose filling, pinch with fingers to form a frill. Place on greased tray, brush with milk. Bake in very hot oven (500° F. electric, 450° F. gas) 20 minutes. Serve hot or cold, with or without tomato sauce. Yield 6 fold-ups.

NUT MEAT POTATO WHIRLS

½ lb. tin Sanitarium Nut Meat
4 ozs. (1⅓ cups) breadcrumbs
1 beaten egg
¼ cup milk
4 tablespoons tomato sauce
2 level tablespoons grated onion
1 level tablespoon chopped parsley
Pinch salt
1 quantity Potato Pastry (page 61)

Mince Nut Meat with fork, combine all filling ingredients. Roll pastry to oblong sheet 9 x 12 inches on floured board. Moisten edges, spread with filling. Commencing from longest side, roll up as for Swiss roll. Cut into 1-inch slices. Place cut side down on greased tray, bake in very hot oven (500° F. electric, 450° F. gas) 20 minutes. Serve hot with Tomato Gravy (page 39), green peas, and carrot wedges. Yield 12 whirls, or serves 6.

CHOKO NUT MEAT CASSEROLE

4 chokos
1 lb. tin Sanitarium Nut Meat
1 cup medium white sauce
1 level tablespoon chopped parsley
2 level tablespoons chopped onion
1 level tablespoon Browned Flour
2 tablespoons tomato sauce
Salt to taste
Pinch herbs
¾ cup vegetable liquid or water
½ cup buttered breadcrumbs for top

Peel chokos, halve, remove seeds, cut each half into 2 slices. Cook in boiling salted water until tender. Drain, place half the chokos into greased casserole. Cover with half the sauce. Mince Nut Meat with fork, put into saucepan with remaining ingredients, stir over heat until boils, simmer 3 - 4 minutes, add to casserole. Cover with layer of chokos, spread with remaining sauce, sprinkle with crumbs. Re-heat in hot oven until lightly browned. Serve hot, garnished with parsley.

NUT AND RICE ROAST

4 ozs. (½ cup) natural rice
8 oz. tin Sanitarium Nut Meat
¾ cup cooked green peas
1 egg
½ cup milk
2 level tablespoons chopped parsley
2 level tablespoons grated onion
2 tablespoons melted butter substitute
1¼ level teaspoons salt
Paprika, extra shortening for top

Sprinkle rice into actively boiling salted water, cook 45-60 minutes until soft. Drain well. Dice Nut Meat. Combine all, turn into greased, shallow ovenware dish, dust top with paprika, dot with extra shortening. Stand in pan of warm water, bake in moderately hot oven (425° F. electric, 375° F. gas) 1 hour until set. Serve hot garnished with parsley sprig. Serves 4-6.

NUT TURKEY WITH CRUSTED BAKED POTATOES

1 cup chopped onion
½ level teaspoon ground sage
2 level tablespoons margarine
1 lb. tin Sanitarium Nut Meat
1 oz. finely chopped walnuts
1 level tablespoon chopped parsley
2 cups boiled, drained rice
1¼ level teaspoons salt
1 beaten egg
Oven-dried crumbs for coating

Lightly brown onion, sage, in hot fat. Mince Nut Meat with fork. Combine all, turn on to sheet of waxed paper. With the aid of the paper, form into one or two rolls depending on the thickness desired, each about 8 inches long, coat with dried crumbs. Place on flat, greased tray, touch liberally with melted margarine. Bake in moderately-hot oven (425° F. electric, 375° F. gas) 1 hour until firm and lightly browned. Serve hot with Crusted Baked Potatoes, accompanied by green peas, carrot slices, and Tomato Gravy (page 39), Serves 6-8.

CRUSTED BAKED POTATOES

8 medium-sized potatoes
2 tablespoons melted butter substitute
½ cup cracker biscuit crumbs
1 egg
Salt

Choose even-sized potatoes. Pare thinly. Brush with melted shortening, coat with cracker crumbs, then dip in beaten egg and salt. Place on greased tray, bake in moderately-hot oven (425° F. electric, 375° F. gas) 1 hour until cooked and lightly tinted. Serve hot with Nut Turkey.

NUT STEAK AND ONIONS WITH DUCHESS POTATO AND GREEN PEAS

1 cup chopped onion
½ level teaspoon ground sage
2 level tablespoons margarine
⅛ cup hot milk
6 ozs. (2 cups) soft breadcrumbs
1 level tablespoon chopped parsley
½ lb. tin Sanitarium Nut Meat, minced
1 beaten egg
1 level teaspoon Marmite
¼ level teaspoon salt
1 lb. onions
Extra level tablespoon margarine

Lightly brown onion, sage, in hot fat. Add milk, when hot, pour over Marmite and crumbs. Combine all thoroughly. Press out on floured board to ⅝-inch thickness, cut into rounds with 3½-inch cutter, halve each round. Coat with flour, saute in little hot margarine in frying pan, turning to brown each side. May also be brushed with melted margarine, and browned in hot oven.

Slice 1 lb. onions into rings, simmer in lidded saucepan with extra margarine until soft and lightly browned, stirring occasionally. As saucepan becomes dry, add small quantity hot water. Serve hot Nut Steak and Onions together, with Duchess Potato. Serves 4-6.

DUCHESS POTATO

1 level teaspoon butter substitute
2 cups mashed potato
2 level tablespoons chopped parsley
1 level tablespoon grated onion
1 level teaspoon salt
1 beaten egg
2 tablespoons milk

Add shortening to hot potato. Mix all, beat until light and fluffy. Drop from spoon on to greased, flat tray, smooth tops with little milk, and round them up into balls. Bake in hot oven until delicately tinted, about 10 minutes. Serve on bed of green peas with Nut Steak and Onions. Yield 6-12 puffs.

NUT STEAK AND KIDNEY BEAN PUDDING

1 level tablespoon margarine
2 level tablespoons Browned Flour (page 39)
1¼ cups bean or vegetable liquid
½ lb. tin Sanitarium Nut Meat
1 cup boiled brown beans
1 cup cooked, diced onion
2 tablespoons tomato sauce
½ level teaspoon sage
1 level teaspoon salt
PASTRY:
4 ozs. (1 cup) wholemeal flour
4 ozs. (1 cup) white flour
½ level teaspoon salt
3 ozs. butter substitute
5 ozs. (⅝ cup) water

Make a gravy of fat, Browned Flour, bean liquid. Add to diced Nut Meat, drained beans, and remaining ingredients. Cool.

Pastry: Mix dry ingredients, rub in shortening. Mix to smooth, soft dough with water. Knead lightly, roll two-thirds and line well-greased basin. Fill with the cold mixture, moisten edge of pastry, cover with smaller round. Cover basin with greased paper. Stand in saucepan with boiling water to come half-way up the basin. Steam 1½ to 2 hours. Remove paper, fold a serviette on the bias, pin around basin, carry to table on flat dish. Serve piping hot. Serves 6.

NUT TOAD-IN-HOLE

2 ozs. (½ cup) wholemeal flour
2 ozs. (½ cup) white flour
½ level teaspoon salt.
2 eggs
1 cup milk
1 level tablespoon white margarine
¼-½ lb. Sanitarium Nut Meat

Sift dry ingredients into basin, make a "well" in middle of flour, pour in well-beaten eggs and milk, gradually draw flour into the liquid, beating to a smooth batter. (As raising agent is not used, allow batter to stand 1 hour or longer.)

Divide white margarine between 12 bun tins, place in oven to heat well, or do this on top of stove. Cut ¼ lb. Nut Meat into 12 lumps. Almost fill tins with batter, then place a lump of Nut Meat in each tin. Bake in barely very hot oven (475° F. electric, 425° F. gas) 20 minutes, or until puffed up to double size, and golden brown. If one big dish is preferred, proceed as for bun tins, but arrange ½ lb. Nut Meat lumps in 8-inch sandwich tin, allowing 30-45 minutes to bake. Serves 4 either way.

NUT AND VEGETABLE BATTER PIE

3 ozs. (¾ cup flour—half each wholemeal and white)
¼ level teaspoon salt

Sift dry ingredients, rub in shortening. Mix to a thick batter with beaten egg and milk. Beat well. Allow to stand 1 hour.

1 level tablespoon butter substitute
1 egg
⅜ cup milk
FILLING:
½ cup sieved, cooked tomato
½ cup vegetable liquid or water
2 level tablespoons browned flour
¼ cup grated onion
1 level teaspoon salt
½ lb. tin Sanitarium Nut Meat
1½ cups diced, cooked vegetables (carrot, celery, peas)

Filling: Combine tomato, vegetable liquid or water, flour, onion, salt, in saucepan. Stir until boiling. Fold in diced Nut Meat, vegetables, simmer 10 minutes until heated through. Turn into pie dish, level top. Pour batter over the steaming hot mixture, quickly place in barely very hot oven (475° F. electric, 425° F. gas) 25-30 minutes until puffed up and nicely browned. Serve piping hot. Serves 4.

TASTY NUTOLENE LOAF

1 cup chopped onion
2 level tablespoons margarine
1 beaten egg
¼ cup milk
1 cup mashed potato
½ lb. tin Sanitarium Nutolene
3 ozs. (1 cup) soft breadcrumbs
2 level tablespoons chopped parsley
½ cup cooked green peas
1 level teaspoon salt

Saute onion in fat until soft. Beat egg and milk into potato until quite smooth. Combine all, pack 1¼ inches deep into greased baking pan, dot with extra margarine. Bake in moderately hot oven (425° F. electric, 375° F. gas) 1 hour or until firm. Remove to hot dish, garnish with parsley sprigs, serve hot. Serves 4-6.

VEGETARIAN CHICKEN ROLLS

½ cup chopped onion
1 level tablespoon margarine
1 level tablespoon flour
½ cup milk
6 ozs. (2 cups) soft breadcrumbs
2 beaten eggs
¼ lb. Sanitarium Nutolene
2 level tablespoons chopped parsley
½ level teaspoon salt
6 ozs. Wholemeal Pastry (page 61)

Lightly brown onion in fat, stir in flour, gradually add hot milk, continue stirring until boils. Remove from heat. Add salt, crumbs, then beaten eggs (reserve 1 teaspoon for glazing). Fold in mashed Nutolene, parsley.

Roll pastry thinly, cut into 4½-inch squares. Place portions of cold mixture along centre of each pastry square. Join opposite sides to meet across top—first moistening with water. Pinch a frill. Leave ends open. Brush with reserved egg mixed with water. Bake on greased tray in very hot oven (500° F. electric, 450° F. gas) 15-20 minutes until a lovely golden brown. Garnish with parsley sprigs. Serve hot or cold with tomato sauce. Yield 6 rolls.

SIX GLUTEN STEAKS

4 cups vegetable liquid or water
1 large onion
1 cup finely chopped celery
1 level tablespoon Marmite
1 level teaspoon salt
½ cup cold water
3 ozs. (½ cup lightly filled) gluten flour as used by bakers

Place vegetable liquid or water, chopped vegetables, seasonings, into large saucepan. Bring to boiling point. Pour cold water into mixing-bowl, slowly shake gluten flour into water, stirring continuously with spoon. Continue stirring few seconds until mixture thickens. There may now be a little excess water, but add no extra gluten flour. Knead with fingers in the excess water for exactly one minute (no more, no less). Press to half-inch thickness, and leave in bowl for not less than five minutes. Lay gluten on chopping board, cut into six even-sized pieces, drop singly into actively boiling liquid. Cook gently 1 hour. Remove gluten (reserve broth for gravy). Serve hot with gravy made from strained broth flavoured with tomato sauce. Serves 6.

N.B.—Gluten flour must not be confused with Sanitarium Gluten Meal used for porridge. As gluten flour varies, it may be sometimes necessary to use a little less than the above to avoid having a tough product, or to increase the water to ¾ cup.

MOCK TRIPE A LA CREME

1½ ozs. (10) Sanitarium Gluten Biscuits
1 small, grated onion
3 level tablespoons margarine
5 level tablespoons flour
1 pint milk
3 level tablespoons diced part-boiled red pepper
½ cup diced, cooked celery
2 chopped hard-boiled eggs
2 level teaspoons salt
Parsley

Cut each Gluten Biscuit into four, soak in 1 pint cold water 30 minutes, weighted beneath water with inverted saucer. Boil in the water 15 minutes, drain in colander. Simmer onion in hot fat a few minutes. Add flour, cook 3 minutes without browning. Add scalded milk, continue stirring until boils and thickens. Add salt. Fold in drained biscuits and remaining ingredients. Turn into individual ramekin dishes, thoroughly reheat in moderate oven (do not allow to boil). Sprinkle liberally with finely chopped parsley. Serve piping hot with Melba toast or toast sippets. Serves 6-8.

STEAKLETS WITH CREAMED ONIONS

1½ pints water
1 level tablespoon Marmite
1½ level teaspons salt
½ clove crushed garlic
6 raw Gluten Steaks (page 20)
1½ cups diced potato
1½ cups diced carrot
½ cup diced celery
2 level tablespoons peanut butter
2 tablespoons stew liquor
Chopped parsley, pastry rounds to garnish
CREAMED ONIONS:
1 lb. tiny white onions
2 level tablespoons margarine
3 level tablespoons flour
¾ cup onion liquid
¾ cup evaporated milk
1½ level teaspoons salt

Place water, Marmite, salt, garlic in saucepan. Boil. Add gluten cut into ½-inch thick slices. Boil gently 15 minutes. Add vegetables, boil further 45 minutes until steaklets are quite tender. Meanwhile, cook onions in boiling water. Drain. Make a sauce of the fat, flour, onion liquid, undiluted milk, salt. Fold in drained onions. Drain stew, transfer steaklets to casserole. Blend peanut butter in the two tablespoons hot stew liquor, fold into vegetables, place on top of steaklets. Top with creamed onions. Thoroughly reheat in moderate oven. Serve piping hot, sprinkled with chopped parsley, and garnished with crisp pastry rounds. Serves 6.

GLUTEN AND PINEAPPLE FLAPJACKS

1¼ ozs. (8) Sanitarium Gluten Biscuits
6 ozs. (1½ cups) white flour
1½ level teaspoons salt
2 eggs (separated)
1¼ cups milk
1 level tablespoon minced onion
1 level tablespoon chopped parsley
6 pineapple slices
Paprika, parsley, to garnish
Margarine for pan

Cut biscuits into four, soak in 2 cups cold water 30 minutes. Boil 15 minutes. Drain well in colander. Chop into small pieces. Sift dry ingredients, mix to a smooth batter with beaten egg yolks and milk. Add onion, chopped Gluten Biscuits. (As raising agent is not used, allow batter to stand 1 hour or longer.) Fold in parsley, stiffly beaten egg whites. Drop two heaped tablespoons of mixture into hot, lightly-greased pan. Cook slowly until set and lightly browned on each side. Place on hot, covered plate over boiling water until all are cooked. Grease pan afresh for each batch. Heat prepared pineapple slices in pan, or in covered dish in oven. For each person, serve two flapjacks on hot plate, top with hot pineapple slice dusted with paprika, and garnish with parsley sprig. Serves 6.

If desired, 6 ozs. diced Nutolene or Nut Meat may be added to batter in place of cooked Gluten Biscuits.

MOCK STEAK AND CORN CASSEROLE

2 level tablespoons margarine
1½ cups chopped onion
1 level teaspoon Marmite
1 pint hot water
6 raw Gluten Steaks (page 20)
1 cup chopped skinned tomato
¾ cup diced celery
1 level teaspoon salt
1 cup diced parsnip
3 level tablespoons Browned Flour (page 39)
8 oz. tin sweet corn
1 cup cooked green peas
Creamed potato
Paprika, parsley sprigs

Melt fat in saucepan, brown onion. Add Marmite, salt, hot water. Boil. Cut raw "steaks" into 36 pieces. Drop singly into rapidly-boiling broth, boil gently 15 minutes until well swollen. Add tomato, parsnip, celery, and browned flour smoothed in a little cold water. Stir until boils. Turn into large casserole. Cover. Cook in moderate oven (400° F. electric, 350° F. gas) 1-1¼ hours until "steaks" are quite tender. Remove lid, fold in heated sweet corn, sprinkle cooked peas over top. Pipe or spoon creamed potato around edge of casserole, dust with paprika. Place in oven to reheat. Garnish with parsley sprigs. Serve piping hot. Serves 6.

BROWN BEAN SAVOURY WITH STUFFED RED PEPPERS

1 cup dried brown beans
2 cups stewed tomato
2 level teaspoons salt
¼ cup Browned Flour (page 39)
8 oz. tin Sanitarium Nut Meat
Plain flour
1 level tablespoon margarine
2 medium sliced onions

Soak beans overnight in boiling water, cook until soft, and liquid reduced to a rich consistency. Add tomato, salt. Thicken slightly as needed with Browned Flour. Meanwhile, slice Nut Meat into finger lengths, coat with flour, brown in little hot margarine in frying pan; remove. Add remainder of fat, onion rings; cook until soft and lightly browned, adding small amount of hot water occasionally to prevent burning. Lightly combine with hot beans and tomato, and Nut Meat. Check salt. Turn on to hot serving dish, sprinkle with chopped parsley. Garnish with Stuffed Red Peppers, or plain boiled rice. Serve piping hot. Serves 6.

STUFFED RED PEPPERS

6 small red peppers
1½ cups diced, cooked carrot and peas mixed
Salt to taste
2 level tablespoons chopped parsley
3 diced hard-boiled eggs
1½ cups white sauce

Cut slice from top of each pepper. Remove all seeds. Rinse thoroughly in cold water, and par-boil 5-10 minutes. Drain, and cool. Combine stuffing ingredients, fill the peppers, place in greased dish deep enough to hold them upright. Bake in hot oven (450° F. electric, 400° F. gas) 12-15 minutes. Serve hot with Brown Bean Savoury.

GLUTEN STEAK RAGOUT

6 cooked Gluten Steaks (page 20)
1½ cups sliced onion
2 level tablespoons flour
2 level tablespoons margarine
2 cups vegetable stock or water
½ cup finely diced celery
2 cups diced potato
1 cup diced carrot
Salt to taste
1 medium tomato
Chopped parsley

Drain steaks few moments, saving liquid for ragout. Coat with flour, brown in little extra hot fat in frying pan. Brown onion and flour in hot margarine in saucepan. Stir in stock or water, vegetables, salt. Continue stirring until boils. Add browned Gluten Steaks, top with sliced, skinned tomato. Cover, cook gently until vegetables are tender. Sprinkle with chopped parsley, serve hot. Serves 6.

CREAMED LIMA BEAN PIE

2 level tablespoons margarine
4 level tablespoons flour
3 cups milk
2½ cups boiled, drained Limas (cook 8 ozs.)
½ cup diced, cooked celery
½ cup diced, cooked carrot
2 diced, hard-boiled eggs
3 level teaspoons salt
2 level tablespoons diced, parboiled red pepper
2 level tablespoons minced onion
2 level tablespoons chopped parsley
4 ozs. Wholemeal Pastry (page 61)

Make a white sauce of the fat, flour, milk. Lightly combine all, pour into pie-dish. Roll pastry to shape of dish. Cut a vent hole at each end with large star or round cutter to show filling. Use scraps to make pastry rose and leaves, moisten, press on centre of pastry. Cover pie, fold surplus pastry edges under to form a thick rim, press lightly on to dish. Brush with milk or water. Bake in very hot oven (500° F. electric, 450° F. gas) 20 minutes until pastry is cooked. Garnish with parsley. Serve hot. Serves 6-8.

CREAMED STEAKLET PIE

4 cups water
3 cups diced vegetables (carrot, swede, celery, peas)
1 cup chopped onion
3 level teaspoons salt
6 raw Gluten Steaks (page 20)
12 oz. tin evaporated milk
3 level tablespoons margarine
6 level tablespoons flour
4 ozs. Wholemeal Pastry (page 61)

Place water, vegetables, onion, salt, in large saucepan, bring to boil. Snip raw steaklets into small pieces with kitchen scissors; drop singly into fast-boiling liquid. Cook gently 1 hour. Measure liquid, leave 1½ cups in saucepan. Add evaporated milk (or double-strength, mixed powdered milk) and fat. Reboil. Thicken with flour blended in small amount of cold water. Check salt. Turn into deep piedish. Roll pastry to size and shape of dish. Cut a 4-inch cross in centre. Turn four flaps back to form a square opening to show filling. Cover dish with the pastry, decorate edges as desired. Brush with beaten egg or water. Bake in very hot oven (500° F. electric, 450° F. gas) 20 minutes until pastry crisp and golden brown. Serve piping hot garnished with parsley sprig. Serves 6-8.

BEAN PIE WITH VEGETABLE CRUST

1 cup dried brown beans
1 cup chopped onion
1 level tablespoon margarine
1 cup chopped skinned tomato
2 level teaspoons salt
¼ lb. Sanitarium Nut Meat

Soak beans overnight in boiling water. Boil slowly until tender, evaporating as much of the water as possible. Lightly brown onion in fat, add tomato, salt. Add cooked beans, mix lightly with a fork. Turn into ovenware dish. Lay thin slices of Nut Meat over top.

VEGETABLE CRUST:
3 cups mashed potato
2 level teaspoons butter substitute
2 level tablespoons dry, powdered milk
1 cup shredded carrot
1 cup shredded parsnip
½ cup young green peas
2 beaten eggs
2 level teaspoons salt

Vegetable Crust: Combine potato, shortening, powdered milk. Add vegetables slivered thinly on vegetable shredder, peas, beaten eggs, salt; mixing thoroughly. Place over Nut Meat. Smooth and round the surface. Bake in barely very hot oven (475° F. electric, 425° F. gas) 30-40 minutes until set, crisp, and lightly browned. Serve hot. Serves 4-6.

NAVY BEAN CROQUETTES

¼ lb. (⅝ cup) navy or haricot beans
¼ cup peanut butter
¼ cup bean liquid
2 tablespoons tomato sauce
½ cup oven-dried crumbs
2 level tablespoons grated onion
1 cup mashed potato
1½ level teaspoons salt

Soak beans overnight in boiling water, drain, cover with fresh water, boil until soft. Drain well, reserve liquid. Mash beans to a smooth pulp. Blend peanut butter in bean liquid and tomato sauce. Mix all thoroughly, stand 30 minutes. Mould into sausage shapes with floured hands. Saute in little hot fat in frying pan, or brush over with melted margarine, and bake in moderately hot oven (425° F. electric, 375° F. gas) 30 minutes, increase heat to brown. Serve hot with Tomato Gravy (page 39), or cold in lunches. Yield 10 croquettes.

LITTLE MOCK BEEF LOAVES

½ lb. (1⅛ cups) brown beans
½ cup chopped onion
½ level teaspoon sage
2 level tablespoons margarine
½ cup peanut butter
½ cup milk
1 beaten egg
4 ozs. (1 cup) oven-dried crumbs
2 level teaspoons salt
Egg glazing
Tomato slices, chopped parsley to garnish

Soak beans overnight in boiling water, boil gently until soft, drain well, save liquid for soups. Mash beans to smooth pulp. Lightly brown onion and sage in fat. Blend peanut butter into milk. Mix all thoroughly, stand 1 hour. Press out on floured board to rectangle shape, 8 x 3 inches, cut into 8 one-inch-thick slices. Dip in equal quantities of egg and milk, toss in extra oven-dried crumbs, place on greased tray, liberally touch tops with oil or melted margarine. Lightly brown in hot oven, or deep fry in fuming fat. Top each loaf with slice of tomato, sprinkle with a little chopped parsley. Serve hot. Serves 8.

HOME-BAKED BEANS

½ lb. (1¼ cups) haricot beans
½ pint liquid off beans
¾ cup chopped, skinned tomato
¼ cup finely chopped onion
⅛ level teaspoon ground nutmeg
1 level teaspoon brown sugar
1 level tablespoon margarine
½ level teaspoon Marmite
2 level teaspoons treacle
3 level teaspoons salt

Soak beans overnight in boiling water, drain to remove bitter flavour, cover with fresh hot water, cook slowly until almost tender. Drain, measure ½ pint liquid, add to beans, turn into casserole. Add remaining ingredients, cover casserole. Cook slowly in moderate oven 1 hour or longer until reduced to a thick consistency. Serve hot or cold. Serves 5.

LIMA BEAN LOAF WITH PARSLEY SAUCE

¼ cup chopped onion
1 level tablespoon margarine
½ cup almonds or peanuts
2 cups mashed, old potato
2 cups Lima bean pulp (½ lb. raw)
⅓ cup dry powdered milk
2 level teaspoons salt
1 beaten egg

Simmer onion few minutes in fat without browning. Shred nuts in rotary grater or chop them finely. Combine all. Grease a shallow pan in which mixture will be about 1¼ inches deep; coat thickly all over with oven-dried crumbs, fill with mixture, smooth top, dot with extra shortening. Bake in moderately hot oven (425° F. electric, 375° F. gas) 1 hour until firm and delicately browned. Cut into blocks, serve hot with Parsley Sauce (page 39). Serves 6.

Note: When cooking Lima beans, always drain off the first water as it comes to the boil, to remove the peculiar strong flavour.

TOPSY-TURVY LENTIL PIE

1 cup brown lentils
3 cups water
1 level tablespoon margarine
½ cup chopped onion
1 cup chopped, skinned tomato
½ lb. tin Sanitarium Nut Meat
Salt to taste
1 quantity Potato Pastry (page 61)

Simmer lentils in boiling water in saucepan until soft and liquor well reduced, about 1 hour. Melt fat, add onion, brown lightly. Stir in tomato, diced Nut Meat; boil up, add to cooked lentils, season with salt to taste. Mixture should not be dry, but of a juicy pie-consistency. Turn into ovenware dish. Roll pastry to size and shape of dish, place on top of hot stew but not over edge of dish. Make a slit in top, brush with milk. Bake in very hot oven (500° F. electric, 450° F. gas) 25-30 minutes. Turn up-side-down on to hot serving dish. Serve immediately. Serves 6.

SOY LUNCHEON MEAT

¼ cup sliced onion
1 level tablespoon margarine
2 level tablespoons peanut butter
½ cup water
1 level teaspoon salt
4 ozs. (1⅓ cups) soy bean flour
2 level tablespoons cornflour
½ cup tomato juice
1 level teaspoon sugar

Lightly brown onion in fat. Blend peanut butter in water. Combine all smoothly, pour into oiled can, cover, and steam 1 hour. Turn out when cold. Serve in slices with tomato sauce. Serves 3.

BROWN LENTIL ROAST WITH CRUSTED PARSNIPS AND TOMATO GRAVY

1 cup brown lentils
½ cup peanut butter
2 ozs. (2 cups) cornflakes
2 cups diced, raw potato
¼ cup tomato sauce
1 cup chopped onion
2 level teaspoons salt

Pick over large variety lentils, cover with boiling water, cook gently until tender. Drain thoroughly, save liquid for use in making gravy. Blend peanut butter into lentils. Mix all, press into greased dish, cover with another dish or lid, and bake in hot oven (450° F. electric, 400° F. gas) 1 hour. Serve hot with Crusted Parsnips and Tomato Gravy (page 39). Serves 8.

CRUSTED PARSNIPS

Young parsnips
Egg
Salt
Breadcrumbs

Scrub parsnips, halve lengthwise, cut each in half crosswise if too long for saucepan. Boil until almost tender. Dip in beaten egg, sprinkle with salt, then dip in crumbs. Lay on greased, flat tray, bake in hot oven until delicately browned and crisp. Serve hot with Brown Lentil Roast.

LENTIL DUCK WITH BAKED TOMATO HALVES

½ cup peanut butter
½ cup milk
½ cup minced onion
2 level teaspoons salt
1 beaten egg
2 cups brown lentil pulp (8 ozs. raw)
1 ozs. (1 cup) oven-dried crumbs
2 ozs. finely chopped walnuts
6-8 small tomatoes
Extra salt, crumbs, fat for tomatoes

Blend peanut butter into milk. Combine all thoroughly; stand 1 hour to swell. Press 1¼ inches deep into greased baking dish, dot top with shortening. Bake in moderate oven (400° F. electric, 350° F. gas) 1 hour until firm. Turn on to hot serving platter, garnish with Baked Tomato Halves, parsley sprigs. Serves 6-8.

Baked Tomato Halves: Halve tomatoes sideways, lay in greased dish, sprinkle with extra salt, and oven-dried crumbs, top with knob of butter substitute. Place in oven during last 15 minutes of cooking time, until soft.

N.B.—To make lentil pulp, boil ½ lb. lentils in 3 cups water 1 hour until tender. Drain, pound to a pulp.

FILLED SOY BEAN PANCAKES

6 Soy Bean Pancakes (page 52)
1 level tablespoon browned flour
2 level tablespoons grated onion
½ cup sieved tomato
½ level teaspoon salt
½ lb. tin Sanitarium Nut Meat
1 cup cooked green peas or diced celery

Saute six Soy Bean Pancakes in 7-inch frying pan. When each is cooked, lift on to covered plate over boiling water to await the others. Combine flour, onion, tomato, salt in saucepan, stir until boiling, simmer gently 5 minutes. Add mashed Nut Meat. Carefully fold in green peas. Place portions on each hot pancake, roll up, serve piping hot. Serves 6.

BROWN LENTIL RISSOLES

½ cup peanut butter
¼ cup sieved, stewed tomato
2 cups brown lentil pulp
¼ cup minced onion
2 level teaspoons salt
4 ozs. (1 cup) oven-dried crumbs
Egg glazing
Parsley to garnish

Blend peanut butter in tomato, add lentil pulp, onion, salt; mix evenly. Finally mix in crumbs. Stand 30 minutes. Mould into 12 rissole shapes, dip in egg and milk mixed together, then toss in extra oven-dried crumbs, or simply coat with flour. Saute slowly in hot margarine in frying pan. Garnish with parsley, serve hot with tomato sauce. Serves 6.

LENTIL GOLDIE WITH PRUNE-STUFFED APPLES

½ lb. (1¼ cups) red lentils
¼ cup chopped onion
½ level teaspoon ground sage
2 level tablespoons margarine
1 cup milk
3 ozs. (1 cup) soft breadcrumbs
1 beaten egg
2 ozs. (2 cups) cornflakes
1½ level teaspoons salt
Extra shortening

Pick over, wash and drain lentils, boil in water until soft, then steam until reduced to a dry, mealy pulp. Simmer onion, sage, in hot fat until soft. Add milk, heat, pour over crumbs. Combine all, press into greased dish, dot top with extra shortening, bake in moderate oven (400° F. electric, 350° F. gas) 1 hour until firm and lightly browned. Turn on to hot serving dish with Prune-Stuffed Apples. Serve hot with fine-textured vegetables such as young green peas, pumpkin, potatoes. Serves 6.

Prune-Stuffed Apples: Wash and dry apples, remove cores. Stuff with soft prunes, stand in sandwich tin, place knob of butter substitute on top of each prune. Bake in moderate oven until soft.

HURRY-UP LENTIL PIE

½ lb. (1¼ cups) red lentils
1 cup chopped tomato
1 cup chopped onion
¾ cup diced carrot
¼ cup green peas
2 level tablespoons margarine
1 level teaspoon ground sage
2 cups water
2 level tablespoons Browned Flour (page 39)
1 level teaspoon brown sugar
2 level teaspoons salt
1 cup Make-your-own Mix (page 61) (Do not pack)
2 tablespoons water

Pick over lentils, wash, drain, boil in saucepan with vegetables, fat, sage, water. Cook gently 15 minutes. Stir in flour, sugar, salt. Turn into 8-inch pie tin. Combine Make-your-own Mix with water to make a stiff dough. Roll lightly on floured board to size and shape of pie tin, cover pie, tuck surplus edges of pastry under, press lightly on to tin. If desired, pastry may be cut into biscuits to facilitate serving. Brush pastry with milk or water. Bake in very hot oven (500° F. electric, 450° F. gas) 20 minutes until pastry is cooked. Serve piping hot. Serves 6.

SPLIT PEA LOAF WITH LEMON-MINT SAUCE

½ lb. (1⅛ cups) split peas
3 cups boiling water
½ cup liquor from peas
2 level tablespoons butter substitute
4 ozs. (1 cup) oven-dried crumbs
⅔ cup dry powdered milk
2 eggs
½ cup finely chopped onion
½ level teaspoon mixed herbs
1½ level teaspoons salt

Drop peas into rapidly boiling water, cook gently 40 minutes until soft. Drain well, reserving liquor. Mash peas with spoon, add ½ cup of the reserved liquor, shortening, crumbs. Stir in dry powdered milk, beaten eggs. Combine all, stand 30 minutes. Spread 1¼ inches deep in greased, shallow pan; dot top with extra shortening. Bake in moderate oven (400° F. electric, 350° F. gas) 1 hour until firm and lightly browned. Remove to hot serving platter. Serve hot, cut into squares, with Lemon-Mint Sauce (page 39). Serves 6.

PICNIC RISSOLES

½ cup chopped onion
1 level tablespoon margarine
¼ cup peanut butter
½ cup milk
1 beaten egg
2 cups mashed potato
6 ozs. (2 cups) soft breadcrumbs
Pinch thyme
Pinch sage
¾ level teaspoon salt

Lightly brown onion in fat. Blend peanut butter in milk, add egg (reserve a little for crumbing). Combine all. Mould rissoles in floured hands, dip in balance of egg, then roll in oven-dried crumbs. Saute in hot fat in frying pan, or dot with margarine and bake in moderate oven. Garnish with parsley, serve hot or cold. Yield 12 rissoles.

PEANUT AND RICE RISSOLES

¼ cup chopped onion
1 level tablespoon margarine
⅓ cup peanut butter
¼ cup tomato sauce
1 egg
3 ozs. (¾ cup) oven-dried crumbs
1½ cups boiled, drained rice (cook ½ cup)
1½ level teaspoons salt

Brown onion in hot fat, remove from heat. Add peanut butter blended in tomato sauce, add beaten egg. Combine all lightly and thoroughly. Mould into rissole shapes, coat lightly with flour. Saute slowly in small amount of hot fat in frying pan, turning to brown. Yield 10 rissoles.

SAVOURY CHICK PIES

½ lb. (1⅛ cups) chick peas
¼ cup chopped onion
1 tablespoon oil
1 level teaspoon brown sugar
1 teaspoon lemon juice
¼ level teaspoon ground sage
½ level teaspoon onion salt
½ level teaspoon celery salt
1 level teaspoon salt
TOPPING:
3 cups mashed potato
1 level tablespoon minced onion
¼ cup hot milk
1 level teaspoon salt
Butter substitute
Parsley sprigs to garnish

Soak peas (garbanzos) overnight in boiling water. Add onion, seasonings; boil gently until peas are very soft and liquid well reduced. Spoon into individual ramekins. Combine hot potato, onion, hot milk, salt. Beat until very light and creamy. Pile on top of pies, round the tops and mark prettily with fork, dot with shortening. Lightly brown in hot oven or under griller. Garnish each pie with sprig of parsley. Serve piping hot. Serves 4.

VEGETARIAN SALMON FOLD-OVERS

½ cup chopped onion
1 level tablespoon margarine
1 level tablespoon flour
½ cup sieved cooked tomato
¼ cup peanut butter
2 eggs
½ level teaspoon salt
6 ozs. (2 cups) soft breadcrumbs
6 ozs. Wholemeal Pastry (page 61)
Parsley to garnish

Lightly brown onion in fat, stir in flour, gradually add tomato, stir until boils. Remove from heat. Add peanut butter, mix smooth. Stir in beaten eggs (reserve 1 teaspoon for glazing), add salt, crumbs; mix all thoroughly. Roll pastry thinly, cut into 4½-inch squares. Place filling cornerwise across centre of each pastry square. Overlap diagonal corners across top (first moistening with water), leave ends open to show filling. Place on greased tray, brush with reserved egg, bake in very hot oven (500° F. electric, 450° F. gas) 15 minutes. Serve hot or cold, garnished with parsley sprigs. Yield 6 fold-overs.

WALNUT PATTIES

¼ cup chopped onion
1 level tablespoon margarine
4 ozs. finely chopped walnuts
2 cups boiled, drained rice
1 oz. (1 cup) oven-dried crumbs
1 cup milk
1½ level teaspoons salt
Egg and crumb glazing

Brown onion in fat. Lightly combine all; allow to stand 30 minutes. Mould into patties in floured hands. Dip in beaten egg, coat with fine oven-dried crumbs. Saute in small amount of hot margarine in frying pan, or lightly touch with melted margarine and brown in moderate oven. Yield 12 patties.

COTTAGE CHEESE AND TOMATO CHARLOTTE

6 slices bread ¼-inch thick
Butter for bread
1 level tablespoon minced onion
2 level tablespoons margarine
1 cup sieved cooked tomato
2 cups well-drained Cottage Cheese (page 93)
2 eggs
2 ozs. (2 cups) cornflakes
1 level teaspoon paprika
½ level teaspoon salt

Remove crusts from bread, lightly butter one side, cut into fingers. Line 8-inch greased flan tin or cake tin, first the base then the sides, standing bread fingers upright, buttered side next to tin. Soften onion in hot fat, blend tomato into Cottage Cheese, add beaten eggs, combine all. Fill into bread-lined tin. Bake in moderately hot oven (425° F. electric, 375° F. gas) 40 minutes until set and lightly browned. Stand few minutes to firm before removing to serving dish. Garnish with parsley sprig, serve hot. Serves 6-8.

YULETIDE CHICKETTE WITH MACEDOINED PEAS AND CARROTS

1 cup chopped onion
1½ level tablespoons butter substitute
3 ozs. (¾ cup) macaroni
1½ cups warm milk
2 eggs
3 level tablespoons peanut butter
3 ozs. (1 cup) breadcrumbs
1 oz. ground almonds (optional)
3 level tablespoons chopped parsley
⅓ cup diced red pepper or cooked carrot
2 level teaspoons salt
¼ level teaspoon mixed herbs

Soften onion in fat without browning. Cook macaroni in slightly salted, boiling water 15 minutes. Drain well. Combine milk, beaten eggs; reserve ½ cup. Blend peanut butter into custard. Combine all, fill into greased, shallow dish, level top, stand 15 minutes. Spoon reserved custard over top, garnish with bits of extra red pepper or cooked carrot, and parsley. Set in pan of tepid water, bake in moderately hot oven (425° F. electric, 375° F. gas) 30 minutes until set without browning. Serve hot or cold with Macedoined Peas and Carrots. Serves 6-8.

MACEDOINED PEAS AND CARROTS

1 cup cooked green peas
1 cup diced cooked carrot
1 level tablespoon scraped onion
⅜ cup Mayonnaise (page 47)
Salt to taste
Lettuce leaves

Toss all together, fill into 6 or 8 small lettuce cups. Serve with Yuletide Chickette.

SPAGHETTI TOMATO WITH COTTAGE CHEESE

8 ozs. spaghetti
½ cup chopped onion
2 level tablespoons butter substitute
½ cup Cottage Cheese (page 93)
2 cups chopped, skinned tomato
3 level teaspoons salt
½ cup buttered breadcrumbs
Parsley sprigs

Drop spaghetti into plenty of salted, boiling water, cook 30 minutes until tender. Drain. Saute onion in shortening, fold into drained spaghetti. Place layer of spaghetti in greased baking dish, then Cottage Cheese, tomato, salt. Repeat. Cover top with buttered breadcrumbs. Bake in moderate oven (400° F. electric, 350° F. gas) 30 minutes. Serve hot, garnished with parsley. Serves 4-6.

MACARONI CHEESE SAVOURY

4 ozs. macaroni shorts
2 level tablespoons grated onion
4 ozs. cream cheese (uncured)
½ lb. tomatoes
1 egg
1 cup milk
2 level teaspoons salt
Parsley to garnish

Drop macaroni into boiling, salted water, cook 20 minutes. Drain. Stir in grated onion. Turn into greased, shallow dish, cover with cream cheese softened in a little milk if too firm. Lay sliced tomatoes on cheese. Combine beaten egg, milk, salt, pour carefully over top. Stand in larger pan of warm water, bake in moderately-hot oven (425° F. electric, 375° F. gas) 45 minutes until custard is set. Serve hot, garnished with parsley sprig. Serves 6.

NOODLE RING WITH VEGETABLE MEDLEY

8 ozs. noodle straws
2 beaten eggs
½ lb. (1 cup) cream cheese (uncured)
1 cup milk
2 ozs. (⅔ cup) soft breadcrumbs
2 level teaspoons salt

Cook noodles (or spaghetti) in salted, boiling water until tender. Drain. Mix all. Turn into greased ring mould, stand in pan of hot water, bake in moderately hot oven (425° F. electric, 375° F. gas) 45 minutes until set. Unmould on to hot dish, fill centre with equal parts of cooked diced beetroot, sweet corn kernels, and green peas mixed together. Garnish with carrot fingers and parsley sprigs. Serves 6-8.

STEAKLET NOODLE CASSEROLE

1 large onion
1 clove garlic
1 oz. margarine
2 cups chopped tomato, raw or cooked
1½ cups hot water
1 bay leaf
1 level tablespoon salt
6 raw Gluten Steaks (page 20)
2 level tablespoons flour
3 ozs. (¾ cup) noodle shells

Slice onion, garlic, lightly brown in hot fat in saucepan. Add tomato, water, bay leaf, salt. Prepare Gluten Steaks according to recipe, snip into 18 even-sized pieces with kitchen scissors. Drop singly into boiling liquid. Cook gently 1¼ hours. Thicken with flour blended in little cold water. Meanwhile, cook noodles in plenty of fast-boiling, salted water 20 minutes. Drain. Add to stew. If too thick, thin with a little noodle liquor. Turn into casserole dish, thoroughly reheat in moderate oven. Sprinkle a thick, broad ribbon of chopped parsley around edge of casserole. Serve piping hot with green beans and buttered parsnips. Serves 6.

CHEESED NOODLES WITH STEAKLETS

6 raw Gluten Steaks (page 20)
4 ozs. noodle straws (or spaghetti)
½ cup chopped onion
1 level tablespoon margarine
4 level teaspoons browned flour
1 cup chopped, skinned tomato
1 tablespoon soy sauce or Marmite
Salt to taste
3 ozs. (6 level tablespoons) cream cheese (uncured)
Parsley to garnish

Cut Gluten into small steaks. Drop singly into rapidly-boiling water well-flavoured with Marmite and salt to taste. Cook gently 1 hour. Cook noodles in boiling salted water until tender. Drain well, keep hot. Soften onion in hot fat in small saucepan, stir in flour; add tomato, soy sauce or Marmite, salt. Stir until boils, simmer 2-3 minutes. Add cream cheese softened in little of hot mixture, mix until well-blended. Turn into cooked, drained noodles. Transfer steaklets to heated casserole dish (reserve broth for soup), cover with hot noodle mixture. Serve piping hot, garnished with parsley sprigs. Serves 6.

NOODLE CUTLETS WITH TOMATOES, GREEN PEAS

½ cup chopped onion
4 cups vegetable liquid or water
1½ level teaspoons salt
4 ozs. noodles (or spaghetti)
1 oz. (¼ cup) flour
1 oz. (¼ cup) dry powdered milk
½ cup cold water

Place onion, vegetable liquid or water, salt, into large saucepan. Boil rapidly, drop in broken noodles, cook briskly 20 minutes. Mix flour, powdered milk, cold water; stir into noodles, cook 5 minutes. Mixture should now be fairly stiff. Remove. Add little hot mixture

1 egg
1 cup chopped nuts
2 level tablespoons chopped parsley

to beaten egg, stir into noodles with chopped nuts, parsley. Spread ½-inch thick on wet, flat dish. When thoroughly cold and set, cut into shapes, dip in egg and milk glazing, coat with fine, oven-dried crumbs. Saute slowly in hot fat in frying pan; turn to brown both sides. May also be dotted with fat, and browned in hot oven. Serve hot with grilled tomato halves and green peas. Yield 12 cutlets.

NUT FRENCH POTATO WITH GOLDEN CRISPY CARROTS

3 cups mashed, dry potato
1 level tablespoon butter substitute
1½ level teaspoons salt
½ cup peanut butter
½ cup milk
1 egg
½ cup finely chopped onion
1 level tablespoon chopped parsley
½ level teaspoon salt
6 ozs. (2 cups) soft breadcrumbs

Mash hot potatoes with shortening, salt. Spread 2 cups potato over bottom and sides of greased pie dish. Blend peanut butter to a smooth cream with milk, add beaten egg with remaining ingredients, fill into potato-lined dish. Spread remaining potato over top, dot with extra shortening. Bake in moderately-hot oven (425° F. electric 375° F. gas) 1 hour until filling set, and delicately browned. Transfer to hot platter. Garnish with Golden Crispy Carrots and parsley sprigs. Serves 6.

GOLDEN CRISPY CARROTS

Young carrots
Salt
Butter substitute
Crushed cornflakes

Scrub small, young carrots, leave whole, or halve larger carrots lengthwise. Boil until almost tender. Salt and butter them, then roll in crushed cornflakes. Lay on greased, flat tray, bake in moderate oven until crisp. Serve hot with Nut French Potato.

SWEET CORN ROAST

1 cup tinned sweet corn
1 level tablespoon chopped onion
2 beaten eggs
1 level teaspoon salt
½ lb. Sanitarium Nut Meat
2 level tablespoons peanut butter
½ lb. sliced tomato
⅔ cup buttered breadcrumbs

Combine corn, onion, eggs, salt. Turn into greased, shallow dish. Cover with sliced Nut Meat, peanut butter, then drained, sliced tomato. Sprinkle buttered crumbs over top. Bake in moderately hot oven (425° F. electric, 375° F. gas) 30 minutes until set and lightly browned. Serves 4-6.

CREAMED CAULIFLOWER NUT PIE

1 quart cauliflower sprigs
1½ level tablespoons margarine
2 level tablespoons flour
1 cup milk
1 level teaspoons salt
3 ozs. brazil nuts or peanuts
1 quantity Potato Pastry (page 61)

Par-boil cauliflower in boiling water 5 minutes; drain. Place in greased, ovenware dish, sprinkle with half the salt. Make a sauce of the fat, flour, milk; add remainder of salt, nuts grated or chopped finely. Spread sauce over cauliflower. Roll pastry to size and shape of dish, cover pie, brush with milk. Bake in very hot oven (500° F. electric, 450° F. gas) 30-45 minutes. Serves 4.

CAULIFLOWER NUT RAREBIT

2 cups small cauliflower sprigs
¾ cup chopped, skinned tomato
1 level teaspoon minced onion
2 level tablespoons peanut butter
1 beaten egg
¾ level teaspoon salt

Simmer cauliflower in salted, boiling water 8 minutes or until barely soft. Simmer tomato and onion together 3 minutes. Blend peanut butter in small amount of hot cauliflower liquid, add to tomato. Add little of the tomato mixture to beaten egg, stir into tomato with salt. Continue stirring until thickens without boiling. Drain cauliflower, fill into 4 individual ramekin dishes. Pour sauce over top, garnish with parsley sprig, serve hot. Serves 4.

STUFFED CHOKOS WITH CREAMY BREAD SAUCE

4 medium-sized chokos
1 level tablespoon minced onion
1 level teaspoon margarine
6 ozs. (2 cups) soft breadcrumbs
¼ cup cream cheese (uncured)
1 chopped, skinned tomato
Salt to taste
1 egg yolk
1 tablespoon milk
Extra cream cheese

Peel chokos, divide lengthwise, remove seeds, scoop slightly. Drop into boiling, salted water. Cook gently 15 minutes or until barely tender. Drain. Soften onion in fat without browning. Add to crumbs, cheese, tomato, salt, and egg yolk beaten with milk. Pile on to chokos. Place side by side on greased tray, bake in hot oven (450° F. electric, 400° F. gas) 30 minutes. Remove from oven, sprinkle tops with little extra cream cheese, return to oven until cheese warmed and slightly puffed. Serve hot with Creamy Bread Sauce (page 39). Serves 4.

CORN AND NUT CROQUETTES

½ lb. tin Sanitarium Nut Meat
8 oz. tin sweet corn
4 ozs. (1 cup) oven-dried crumbs
½ cup Thick White Sauce (page 40)
1 level tablespoon minced onion
1 level tablespoon chopped parsley
½ level teaspoon salt
Parsley sprigs to garnish

Mince Nut Meat with fork. Combine all, stand 30 minutes to swell the crumbs. Mould into croquettes, coat with flour. Saute in little hot fat in frying pan, turning to brown each side. Place parsley sprig on each croquette. Serve hot with grilled tomato halves. Yield 10 croquettes.

CHEESE PARSNIP FLUFF

2 eggs (separated)
1 cup milk
½ cup cream cheese (uncured)
1⅓ cups mashed parsnip
1 level tablespoon butter substitute
1 oz. (1 cup) cornflakes
1½ level teaspoons salt

Beat egg yolks and milk together, blend gradually into cream cheese until quite smooth. Stir into parsnip and melted shortening. Add crushed cornflakes, salt. Fold in stiffly beaten egg whites. Turn into greased, shallow ovenware dish, bake in moderately-hot oven (425° F. electric, 375° F. gas) 30-45 minutes until set, and top lightly browned. Serves 4.

SOY PUMPKIN PATTIES

½ cup chopped onion
2 level teaspoons margarine
1⅓ cups mashed, boiled pumpkin
1 oz. (¼ cup) oven-dried crumbs
1 oz. (¼ cup) soy bean flour
2 level tablespoons peanut butter
1 level teaspoon salt
Flour for coating

Lightly brown onion in hot fat. Combine all, stand 30 minutes to swell the crumbs. Drop six portions in flour, mould into patties. Saute in little hot oil or white margarine in frying pan until well browned and crisp on each side. May also be dropped from spoon on to greased tray, and baked in hot oven. Serve hot or cold. Yield 6 patties.

PEAS ESPECIAL WITH SAUTEED POTATO CAKES

2½ cups shelled green peas
2 hard-boiled eggs
2 level tablespoons margarine
2 level tablespoons flour
1 cup pea liquid and water
1 level tablespoon finely chopped mint
½ level teaspoon salt

Cook young peas in boiling water (without soda) until tender. Drain, reserving liquid. Add chopped eggs. Make a sauce of the fat, flour, liquid, mint, salt. Add to peas, reheat. Serve piping hot with Sauteed Potato Cakes. Serves 6.

SAUTEED POTATO CAKES

1½ cups dry, mashed potato
1 beaten egg
¼ cup cold water
4 ozs. (1 cup) plain wholemeal flour
2 ozs. (½ cup) dry powdered milk
1 level teaspoon salt

Mash potato while hot. Cool. Add beaten egg, water; beat until fluffy. Stir in sifted dry ingredients. Mould lightly on floured board, roll to not more than ½-inch thickness, cut into rounds with 3-inch cutter. Saute slowly in small amount of hot, white margarine in frying pan, until lightly browned on each side. Serve hot with Peas Especial. May also be baked in hot oven, and served in place of pastry. Yield 12 cakes.

ONIONS IN CREAM SAUCE

8 small white onions
½ pint water
1 level tablespoon butter substitute
2 level tablespoons flour
⅓ cup dry powdered milk
Extra water
Salt
Paprika

Place whole, peeled onions in saucepan with water. Cover, cook gently until tender. Melt shortening, add flour, stir until smooth, cook 2 minutes without browning. Add water from onions with milk blended in little extra water, stir until boils. Season with salt, pour over onions in serving dish. Dust with paprika.

Gravies and Sauces

BROWNED FLOUR

Put sifted white flour into dry frying pan. Stir frequently over low heat until evenly browned without scorching. When cold, fill into sealed jar. Keeps indefinitely, and is always ready for thickening gravies, stews, etc.

BROWN GRAVY

2 level tablespoons browned flour
¼ pint vegetable liquid
Little onion juice
½ level teaspoon salt

Blend flour with vegetable liquid, onion juice, salt. Boil up, and serve. Water off any cooked vegetables makes good liquid for gravies.

CREAMY BREAD SAUCE

1 peeled onion
4 cloves
½ pint milk
2 ozs. (⅔ cup) breadcrumbs
1 level tablespoon butter substitute
Salt to taste

Pierce onion with cloves, place all ingredients in saucepan, simmer very slowly until thoroughly heated and breadcrumbs swell.

LEMON-MINT SAUCE

¼ cup water
¼ cup lemon juice
1½ level tablespoons sugar
⅛ cup chopped mint

Put water, lemon juice, sugar, into small saucepan, bring to boil. Remove, stir until sugar is dissolved. When cold, add finely-chopped mint.

PARSLEY SAUCE

3 level tablespoons margarine
3 level tablespoons flour
1½ cups milk
¼ cup chopped parsley
1½ level teaspoons salt

Melt fat in saucepan, stir in flour, cook 3 minutes without browning. Add milk, continue stirring until boils and thickens. Immediately before serving, add finely chopped parsley and salt.

TOMATO GRAVY

1 level tablespoon margarine
1 level teaspoon scraped onion
Pinch thyme
4 level teaspoons browned flour
1 cup sieved, cooked tomato
Sprinkling brown sugar
Salt to taste

Simmer fat, onion, thyme, a few minutes in small saucepan. Stir in browned flour, add tomato gradually, stir until boils, simmer until soft. Add sugar and salt.

WHITE SAUCES

Margarine
Plain flour
Salt
1 cup hot milk, vegetable liquid, or water

Melt fat in saucepan, stir in flour, simmer 2-3 minutes without browning. Gradually add liquid, stir until boils and thickens. Add salt to taste.

Thin Sauce: Use 1 level tablespoon each of shortening and flour.

Medium Sauce: Use 1 level tablespoon of shortening, and 2 of flour.

Thick Sauce: Use 1½ level tablespoons of shortening, and 3 of flour.

Very Thick Sauce: Use 2 level tablespoons of shortening, and 4 of flour.

PEANUT BUTTER GRAVY

¼ cup peanut butter
4 level tablespoons browned flour
2 cups water
1 cup tomato puree
2 level tablespoons minced onion
1 level teaspoon dried sage
Salt to taste

Blend peanut butter and flour separately in a little of the water. Boil remainder with tomato, onion, sage, for 5 minutes. Stir in flour, simmer 3 minutes. Add peanut butter, salt. Strain, reheat, and serve.

TOMATO CREAM SAUCE

2 cups Thin White Sauce (see above)
½ cup tomato puree
½ level teaspoon paprika
Salt to taste

Into the hot White Sauce, beat the heated tomato puree until smooth. Do not allow to boil. Add seasonings, and serve.

HARD SAUCE

4 ozs. butter substitute
6 ozs. (1½ cups) sifted icing sugar
1 unbeaten egg white
1 teaspoon vanilla

Cream shortening until very soft, gradually add sifted icing sugar, beat until white and light. Add egg white, beat for five minutes, flavour with vanilla. Allow to stand to harden before using.

LEMON SAUCE

1½ level tablespoons cornflour
1¼ cups water
⅓ cup sugar
1 level teaspoon butter substitute
2 tablespoons lemon juice
Grated lemon rind

Blend cornflour in little of the water, heat remainder with sugar, stir in blended cornflour, return to saucepan, stir until boils and thickens, simmer 3 minutes. Remove, add shortening, lemon juice, rind. Serve immediately.

CUSTARD SAUCE

1 cup milk
½ level tablespoon cornflour
Pinch salt
1 egg yolk
Sugar to taste
¼ teaspoon vanilla

Combine milk, cornflour, salt, in small saucepan; stir over low heat until boils and thickens, simmer 3 minutes. Add egg yolk beaten with sugar, simmer a further 3 minutes, stirring continuously. Remove from heat, add flavouring.

FOAMY VANILLA CUSTARD

3 level tablespoons cornflour or arrowroot
1 pint milk
2 eggs (separated)
2 level tablespoons honey or sugar
Pinch salt
2 teaspoons vanilla

Blend cornflour in little of the milk, heat remainder, add blended cornflour, stir until boils and thickens, simmer 3 minutes. Add egg yolks beaten with honey or sugar and a little of the hot sauce, cook a further 3 minutes, stirring continually. Draw aside, but keep hot. Beat egg whites stiffly with salt and vanilla. Gradually pour steaming hot sauce on to whites, beating constantly with spoon. Pour into glass jug, serve hot or cold.

SALADS » »
and SALAD DISHES

ASPARAGUS AND STUFFED EGG SALADS

Asparagus sticks
4 hard-boiled eggs
4 level tablespoons mashed potato
1 level teaspoon butter substitute
¼ level teaspoon scraped onion
Salt to taste
Cream or mayonnaise
Paprika
Tomato wedges
Lettuce leaves

Arrange asparagus on individual dishes. Halve eggs lengthwise, remove yolks, pound to a smooth paste. Add potato, shortening, onion, salt; moisten with cream or mayonnaise, combine all. Pile into egg whites, dust with paprika. Place two filled halves on each plate. Garnish with tomato wedges, lettuce leaves.

MOULDED ASPARAGUS AND NUT SALADS

1 - 4 level tablespoons powdered gelatine (according to type)
2 cups hot asparagus liquid and water
3 level teaspoons grated onion
2½ level teaspoons salt
3 level tablespoons chopped parsley
1 hard-boiled egg
1 par-boiled red pepper
1 cup asparagus pieces
8 oz. tin Sanitarium Nutolene
Lettuce leaves, tomato wedges
Celery curls

Dissolve gelatine in hot liquid, according to type. Add onion, salt, parsley. Place slice of egg in 6 small, wetted moulds, decorate bottom with diced red pepper, place asparagus and Nutolene on top. Carefully cover with dissolved gelatine. Chill until firm. Unmould on to crisp lettuce leaf. Garnish with salad vegetables.

SALAD CASSOLETTES

6 ozs. Wholemeal Short Pastry (page 61)
¾ lb. Sanitarium Nutolene or Nut Meat
2 cups cooked green peas
1 cup diced, cooked carrot
1 level tablespoon grated onion
1 level teaspoon salt
½ cup Mayonnaise (page 47)
Lettuce
Tomato slices
Cucumber slices
Celery curls
Radish roses
Extra Mayonnaise

Line six deep 4-inch patty tins with thinly rolled pastry. Bake in barely very hot oven (475° F. electric, 425° F. gas) 8-10 minutes. Combine diced Nutolene, peas, carrot, onion, salt, Mayonnaise. Fill into cold pastry cases. Serve with other salad ingredients and extra Mayonnaise.

POTATO SALAD

5 level teaspoons flour
½ level teaspoon salt
4 level teaspoons sugar
1¼ cups milk
2 egg yolks
5 level teaspoons butter substitute
½ cup lemon juice
2 lbs. (1 quart) diced, cooked potato
2 level tablespoons chopped parsley
1 level tablespoon chopped onion

Combine flour, salt, sugar, in pint-sized basin, moisten with little of the milk. Add remainder of milk, beaten egg yolks, shortening, lemon juice. Stand in saucepan of boiling water over heat, stir continually until thickened, but do not allow to curdle. Cool. Pour over potatoes, parsley, onion; toss lightly together. Serve with cold meat substitutes and salad greens.

SLICED NUT MEAT AND TOMATO JELLY SALAD

1 - 3 level tablespoons powdered gelatine (according to type)
1 cup hot water
2 cups tomato juice
1 level teaspoon grated onion
1½ level teaspoons sugar
1 tablespoon lemon juice
2 level teaspoons salt
1 level tablespoon diced, parboiled red pepper
1 hard-boiled egg
Paprika
1 lb. tin Sanitarium Nut Meat
Minted pineapple slices
Cooked green peas
Radish roses
Lettuce leaves
Mayonnaise (page 47)

Dissolve gelatine in hot water according to type, add to tomato juice, onion, sugar, lemon juice, salt, pepper. Slice egg, place a slice in base of small, wetted moulds, cover with small quantity jelly, allow to set. Fill moulds with cool jelly, chill until set. Unmould, dust with paprika. Arrange on salad platter with sliced Nut Meat, other salad ingredients, and serve Mayonnaise separately.

NUTOLENE RING SALAD

1½ - 6 lev. tablespoons powdered gelatine (according to type)
½ pint hot water
1 pint milk
2 eggs
1½ level teaspoons salt
8 oz. tin Sanitarium Nutolene
3 level tablespoons chopped [parsley
Lettuce leaves
1 hard-boiled egg
1½ cups cooked green peas
Tomato wedges
Celery curls

Dissolve gelatine in hot water, according to type. Warm milk, add beaten eggs, stir until slightly thickened without boiling. Add dissolved gelatine, salt. Mix well. Add Nutolene cut into small cubes, parsley. When beginning to thicken, stir and pour into wetted ring mould. Chill until set. Unmould on to bed of lettuce leaves, top with sliced egg, fill centre with peas. Garnish dish with balance of peas, tomato wedges, celery curls.

BEAN CROQUETTE SALAD

Navy Bean Croquettes (page 25)
Pineapple slices
Cucumber slices
Tomato slices
Lettuce
Celery curls
Cream cheese balls (uncured)

Saute croquettes in little hot margarine in frying pan until brown, drain on kitchen paper until cold. Arrange on salad platter with sliced pineapple, cucumber, tomato, lettuce, celery curls, and cream cheese balls.

MOULDED BEAN SALAD

1 cup tomato juice
1-2 level tablespoons powdered gelatine (according to type)
1 cup hot water
8 oz. tin baked beans
2 hard-boiled eggs
2 level tablespoons minced onion
1¾ level teaspoons salt
Salad accessories

Combine tomato juice, gelatine dissolved in hot water, according to type, beans, sliced eggs, onion, salt. When beginning to thicken, stir to evenly distribute beans. Pour into 6 wetted, individual moulds. Chill until set. Unmould carefully around bowl of mayonnaise on serving platter. Garnish with cottage cheese balls coated with chopped nuts, and with cooked beetroot, celery curls, cucumber slices, lettuce.

MOULDED CARROT AND PEAS SALAD

Cooked carrot straws
Diced par-boiled red pepper
1 level teaspoon grated onion
Lettuce leaves
1 cup cooked green peas
½ cup cooked, diced carrot
1 - 4 level teaspoons powdered gelatine (according to type)
1½ cups vegetable liquid
Tinned baked beans
Beetroot cubes
Sliced cucumber
Celery curls

Place carrot straws upright around sides of wetted pint mould. Decorate between spaces with pepper and peas. Fill mould with peas and diced carrot. Dissolve gelatine (according to type) in hot liquid from carrot and peas, and water as required. Add onion, pour into mould. Chill until set. Unmould on to bed of lettuce leaves. Serve with baked beans and salad vegetables.

PAPAW AND PINEAPPLE APPETIZER SALAD

1 cup diced papaw
1 cup diced pineapple
Orange juice
Sugar
Cherries, mint sprigs to garnish

Combine papaw, pineapple, orange juice, sugar to taste. Fill into small dishes, garnish with cherries and mint sprig.

APPLE WALNUT SALADS

3 red apples
Mayonnaise (page 47)
Lemon juice
¾ cup sliced radishes
1½ cups diced celery
¾ cup chopped walnuts
2 level tablespoons chopped parsley
Salt
Lettuce leaves
Shallots
Celery curls

Cut unpeeled, cored apples into dice, mix with Mayonnaise, lemon juice. Add radishes, celery, walnuts, parsley, salt. Toss lightly, pile into lettuce cups. Garnish with shallots and celery curls.

ORANGE SALADS

Medium oranges
Lettuce leaves
Tomatoes
Chopped walnuts
Cream cheese (uncured)
French Dressing (page 47)
Chopped parsley

Dip oranges into boiling water, remove peel and pith. Separate sections carefully, leaving orange unbroken at one end. Place each orange in a lettuce leaf. Place sections of skinned tomato in centre of each orange, cover with chopped nuts and cream cheese. Top with dressing, sprinkle with chopped parsley.

BANANA APPETIZER SALADS

4 bananas
Lemon juice
1 cup diced pineapple
¼ lb. cream cheese (uncured)
1 tablespoon milk
Paprika
Radish roses
Parsley sprigs to garnish

Cut skinned bananas in halves lengthwise. Dip in lemon juice to prevent discolouration. Arrange on individual plates with pineapple. Soften cream cheese with milk, flavour with paprika, pipe rosettes of cream cheese on to each salad. Garnish with radish roses and parsley sprigs.

PINEAPPLE MINT COCKTAIL

2 cups diced pineapple
1½ level tablespoons chopped mint
3 level tablespoons honey
Halved strawberries or cherries
½ level teaspoon cinnamon
Pinch ground ginger (optional)
Mint sprigs

Mix all except strawberries and mint sprigs. Chill. Pile into 6 small glasses, top with strawberry and mint sprig.

BOILED SALAD DRESSING

2½ level teaspoons flour
2 level teaspoons sugar
¼ level teaspoon salt
½ cup milk
1 egg yolk
2½ tablespoons lemon juice
1½ level tablespoons butter substitute

Blend flour, sugar, salt, in small basin with little of the milk, add remainder, then add the other ingredients. Mix well. Stand in saucepan of boiling water over low heat, stir until thick, about 5 minutes. Do not allow to curdle. Remove from saucepan, allow to cool. Yield ¾ cup.

FRENCH DRESSING

4 tablespoons vegetable cooking oil
1 level teaspoon salt
2 tablespoons lemon juice
Dehydrated onion

Dissolve salt in oil, add lemon juice, and a little dehydrated onion. Beat rapidly to emulsify. Serve immediately. Yield ¾ cup.

MAYONNAISE

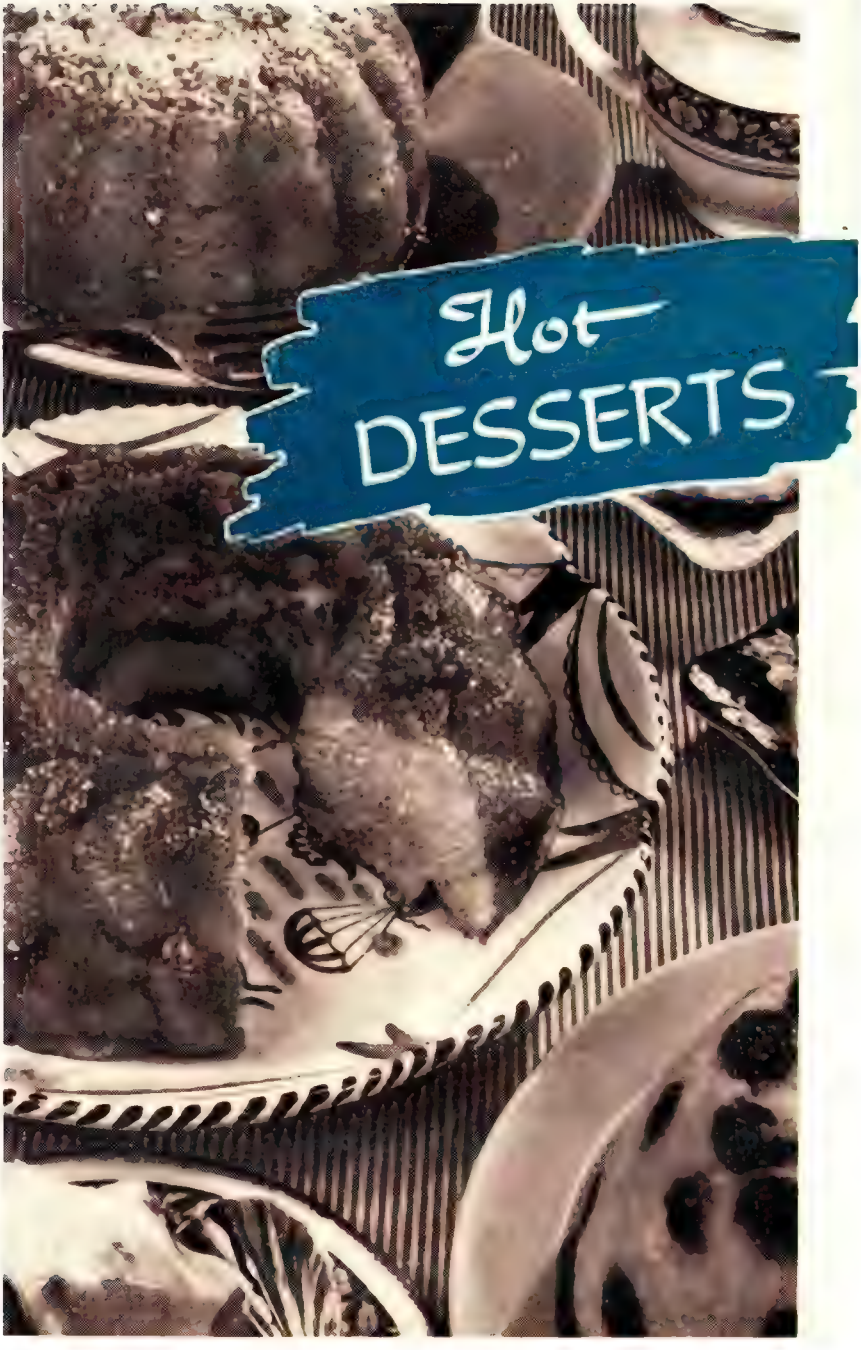
1 egg yolk
½ level teaspoon salt
1 cup cooking oil
3 tablespoons lemon juice

Beat egg yolk with salt. Add oil drop by drop, beating well after each addition until mixture begins to thicken. Add remaining oil a few drops at a time alternately with lemon juice.

WHIPPED CREAM DRESSING

1 egg yolk
3 tablespoons lemon juice
1½ level tablespoons sugar
¼ level teaspoon salt
¼ cup thick, raw cream

Boil egg 30 minutes, remove yolk, pound to a smooth paste with lemon juice; add sugar, salt. Whip cream, fold into dressing. Yield ¼ pint.


Hot
DESSERTS

AUTUMN APRICOT PIE

30 oz. tin apricots
1 oz. butter substitute
1 oz. sugar
1 egg (separated)
4 ozs. (1 cup) flour
5 ozs. (⅝ cup) milk
1 egg white
1 tablespoon cold water
Extra 2 level tablespoons sugar
1 level tablespoon coconut

Drain apricots, cut into pieces, turn into greased ovenware dish. Cover dish. Place in hot oven for 20 minutes. Meanwhile, cream shortening with sugar, add egg yolk, beat well. Fold in sifted flour alternately with milk. Fold in stiffly beaten egg white. Pour sponge over steaming hot fruit. Reduce heat, bake (uncovered) in moderately hot oven (425° F. electric, 375° F. gas) 45 minutes until nicely browned. Cover with meringue made by beating egg white with cold water until stiff, then gradually adding extra sugar. Continue beating until almost equal to two egg whites. Sprinkle with coconut. Place in moderate oven (400° F. electric, 350° F. gas) 15 minutes until meringue is set and beautifully tinted. Serve hot or cold with the syrup slightly thickened with arrowroot. Serves 6.

BAKED HONEY CUSTARD

2 eggs
3 level tablespoons honey
2¼ cups warm milk
½ teaspoon vanilla
Pinch salt
Nutmeg

Beat eggs, add honey, then the warm milk, vanilla, salt. Pour into greased, shallow dish, sprinkle top with nutmeg. Set in pan of tepid water, bake in moderate oven (400° F. electric, 350° F. gas) 40 minutes or until an inserted knife comes out clean. Serve hot.

PRUNE CUSTARD MERINGUE

2 cups milk
2 eggs (separated)
3 level tablespoons honey
1 ozs. (1⅓ cups) soft wheatmeal breadcrumbs
2 level tablespoons coconut
1 level tablespoon butter substitute
½ teaspoon vanilla
18 soft dessert prunes, or drained, cooked prunes

Warm milk slightly, pour on to beaten egg yolks and honey. Stir into breadcrumbs, coconut, melted shortening, essence. Beat egg whites stiffly with pinch of salt, fold into mixture. Turn into greased, ovenware dish, arrange stoned prunes lightly on top. Set dish in pan of warm water, bake in moderate oven (400° F. electric, 350° F. gas) 35 minutes until set. Serve hot or cold with or without cream. Serves 6.

RAISIN PUDDING WITH ORANGE SAUCE

⅔ cup seeded raisins
2 ozs. butter substitute
2 ozs. (¼ cup) sugar
Grated rind 1 large orange
1 egg
4 ozs. (1 cup) wholemeal flour
4 ozs. (1 cup) white flour
½ level teaspoon salt
1 cup milk

Butter a pudding basin, form a star at bottom of basin by pressing raisins over buttered base, carrying the star up sides of basin. Cream shortening, sugar, rind, add egg, beat well. Add sifted dry ingredients and chopped date alternate make a smooth, thick batter. Pour carefully into raisin-lined basin. Cover with greased paper, steam for 2 hours. Turn out, serve hot with Orange Sauce. Serves 8.

Orange Sauce: Mix together 4 level teaspoons cornflour, 2 level tablespoons sugar, ¾ cup water, ½ cup orange juice. Stir over low heat until boils and thickens, simmer 3 minutes. Remove. Add 1 teaspoon lemon juice immediately before serving.

SPICED SULTANA PUDDING

2 ozs. (⅔ cup) soft, fine breadcrumbs
¼ pint milk
1 level tablespoon golden syrup
1 egg
1 level tablespoon butter substitute
2 ozs. (½ cup) wholemeal flour
2 ozs. (½ cup) white flour
½ level teaspoon cinnamon
¼ level teaspoon nutmeg
½ level teaspoon salt
½ cup sultanas

Soak crumbs in milk 30 minutes. Add golden syrup and beaten egg. Rub shortening into sifted dry ingredients, add sultanas. Mix all. Turn into greased pudding mould, cover with lid or greased paper. Steam 2½ hours. Serve hot with Vanilla Sauce. Serves 4.

Vanilla Sauce: Put in small saucepan 1 level tablespoon cornflour, 1 cup water, sugar to taste, 1 slice lemon. Stir until boils and thickens, simmer 3 minutes. Remove. Add 2 level tablespoons butter substitute, 1 teaspoon vanilla, small pinch salt. Stir until shortening is melted.

FRUIT RICE PUDDING

1 cup stewed apricots, apples, or peaches
1 cup cooked, natural rice
1 egg
2 level tablespoons honey
¾ cup milk

Place drained fruit (sweetened to taste) in greased ovenware dish. Cover with well-drained rice (cooked in salted water). Combine beaten egg with honey, add milk, carefully pour over rice. Bake in moderate oven (400° F. electric, 350° F. gas) 45 minutes or until custard is set when pierced with knife. Serves 4.

LEMON RICE MERINGUE

4 ozs. (½ cup) natural rice
1 pint milk
1 level tablespoon grated lemon rind
¼ level teaspoon salt
2 eggs (separated)
¼ cup sugar
3 tablespoons lemon juice
Apricot jam
Extra 2 level tablespoons sugar

Cook rice in boiling water until quite soft. Drain. Add milk, rind, salt. Bring to boiling point, lower heat. Simmer for 15 minutes without cover, stirring occasionally until thickened slightly. Remove from heat. Beat egg yolks with sugar, add lemon juice, stir into rice. Turn into greased, shallow ovenware dish, bake in moderate oven (400° F. electric, 350° F. gas) 30 minutes or until softly set. Cover with thin layer of apricot jam. Whip egg whites stiffly with pinch of salt, gradually add extra sugar, and beat until meringue holds its shape. Swirl on top of jam. Return to moderate oven to set and lightly brown meringue, about 15 minutes. Serve hot or cold. Serves 5-6.

DATE AND LEMON PUDDING

2 ozs. butter substitute
⅛ cup brown sugar (lightly filled)
1 level tablespoon grated lemon rind
1 egg
3 ozs. (¾ cup) wholemeal flour
3 ozs. (¾ cup) white flour
½ level teaspoon salt
½ level teaspoon nutmeg
3 ozs. (1 cup) soft, fine breadcrumbs
1 cup chopped dates
1 cup milk

Cream shortening with sugar, rind. Add beaten egg, mix well. Fold in dry ingredients and chopped dates alternately with milk. Fill into greased pudding mould, cover with greased paper, steam 2 hours. Serve hot with lemon-flavoured custard sauce. Serves 6.

STEAMED COCONUT PUDDING

2 ozs. butter substitute
¼ cup sugar
2 eggs
4 ozs. (1 cup) wholemeal flour
4 ozs. (1 cup) white flour
4 ozs. (1⅓ cup) soft breadcrumbs
½ cup currants
1 cup desiccated coconut
1 level teaspoon salt
2 cups milk

Cream shortening with sugar, add eggs, beat well. Add the combined dry ingredients alternately with milk to make a very wet mixture. Turn into greased basin, cover with greased paper, steam 2½ hours. Serve hot with Lemon Butter (page 87) thinned with a little milk. Serves 8.

STEAMED COTTAGE PUDDING

2 ozs. butter substitute
2 ozs. sugar
1 egg
4 ozs. (1 cup) wholemeal flour
4 ozs. (1 cup) white flour
1 level teaspoon salt
1 cup milk
Jam or golden syrup

Cream shortening with sugar. Beat in egg until very light and fluffy. Fold in sifted dry ingredients alternately with milk to make a heavy batter, beat well. Turn into greased basin, cover with lid or greased paper, and steam for 2 hours in saucepan with boiling water coming half-way up basin. Serve with jam or golden syrup. Serves 4.

QUICKLY-COOKED CHRISTMAS PUDDING

½ cup seeded raisins
1 cup sultanas
1 cup currants
2 ozs. chopped peel
½ cup brown sugar (lightly filled)
1 cup water
3 level tablespoons treacle
2 eggs
3 ozs. (¾ cup) flour
Pinch salt
1½ level teaspoons cinnamon
½ level teaspoon nutmeg
3 ozs. (1 cup) soft, fine breadcrumbs
3 ozs. melted butter substitute

Wash fruit, drain, place in saucepan with chopped peel, sugar, water. Cover with lid. Bring to boiling point, lower heat, simmer 3 minutes. Cool thoroughly. Add treacle and beaten eggs, then add flour sifted with salt, spices, and added to breadcrumbs. Lastly fold in melted shortening. Turn into greased pudding mould (quart size), cover with double greased paper, steam 2½ hours. Serve hot with Hard Sauce (page 40), or Foamy Vanilla Custard (page 41). Serves 7.

SOY PANCAKES WITH MOLASSES

1 oz. (⅓ cup) soy bean flour
4 ozs. (1 cup) wholemeal flour
½ level teaspoon salt
1 egg
½ pint milk
White margarine for pan

Sift dry ingredients. Mix to smooth batter with beaten egg and milk, allow to stand 1 hour, pour into jug. For first pancake, melt ½ teaspoon pure white margarine (table margarine sticks) in warm, 6-inch frying pan. Pour in sufficient batter to cover pan thinly. Cook over low heat until set and brown underneath—about 3 minutes. Turn, cook other side without adding extra fat. Turn on to kitchen paper; spread with warmed molasses and squeeze of lemon juice, roll up. Lay on hot, covered plate over saucepan of boiling water, or keep warm in open oven. Add only ¼ teaspoon margarine to pan for each additional pancake. Yield 8 pancakes.

PRUNE UP-SIDE-DOWN PUDDING

½ cup cooked, pitted prunes
1 level tablespoon honey
1 teaspoon lemon juice
½ level teaspoon cinnamon
1 oz. butter substitute
3 level tablespoons sugar
1 egg (separated)
4 ozs. (1 cup) flour
½ level teaspoon salt
5 ozs. (⅝ cup) milk

Chop drained prunes, add honey, lemon juice, cinnamon. Spread over base of 7-inch sandwich tin. Cream shortening and sugar well, add egg yolk, beat well. Fold in sifted flour, salt, alternately with milk. Fold in stiffly beaten egg white. Pour over prunes. Bake in moderately hot oven (425° F. electric, 375° F. gas) 45 minutes until risen and lightly browned. Turn up-side-down on to serving dish. Serve hot with custard. Serves 4.

ORANGE CREAM CUPS

2 ozs. butter substitute
½ cup sugar
2 ozs. (½ cup) plain flour
Juice 1 small lemon
Juice ½ large orange
Grated lemon and orange rind
2 eggs (separated)
1 cup milk
Pinch salt

Cream shortening with sugar until light, add sifted flour, fruit juices, rind. Fold in beaten egg yolks and milk. Lightly fold in egg whites stiffly-beaten with salt. Turn into greased custard cups. Stand in pan of warm water, bake in moderately hot oven (425° F. electric, 375° F. gas) 30-40 minutes, or until set and lightly browned. Serve hot or cold with cream. Cooks with light cake mixture on top, and orange cream sauce beneath. Serves 4.

APPLE QUEEN PUDDING

2 eggs
3 cups milk
1 level teaspoon salt
3 ozs. (1 cup) breadcrumbs
½ cup sultanas
Stewed apple slices
Honey for glazing
Cinnamon, coconut

Beat eggs with warmed milk, add salt, pour over breadcrumbs and sultanas in pie dish. Stand dish in pan of warm water, bake in moderate oven (400° F. electric, 350° F. gas) 30-40 minutes until set. Top with drained fruit, glaze with honey, sprinkle thickly with mixture of cinnamon and coconut (or crumbs). Serve hot or cold. Serves 8.

COLD DESSERTS

APPLE SNOW PUDDING

4 level tablespoons cornflour
2 eggs (separated)
1 pint milk
5 level tablespoons sugar
½ level teaspoon salt
1½ cups boiled rice (cook ½ cup)
1 teaspoon vanilla
1 lb. apples
Strips lemon rind
2 tablespoons water
Extra 4 level tablespoons sugar
Glace cherries, angelica

Blend cornflour, egg yolks, in little of the milk, boil remainder with sugar, salt. Add cornflour mixture, simmer 5 minutes stirring continuously. Add drained, boiled rice, vanilla. Cool slightly, turn into large, glass serving dish. Peel and core apples, slice thinly. Stew gently with lemon rind, water, until soft; beat to a pulp. Beat egg whites until stiff and dry, gradually add extra sugar; beat well. Fold in apple pulp by degrees, beat until white and feathery. Pile on top of cold rice. Decorate with chopped cherries, angelica strips. Serve at once with or without cream. Serves 7.

APRICOT CREAM CELESTIAL

2 cups drained, stewed apricots
1 pint milk
2 level teaspoons cornflour
2 level tablespoons honey
2 level tablespoons powdered gelatine
2 eggs (separated)
½ teaspoon vanilla
½ cup hot water
Whipped cream, extra apricots for decorating

Arrange drained fruit in large serving bowl. Make a sauce of milk and cornflour, cook 3 minutes. Add egg yolks beaten with little of the hot sauce, cook a further 2 minutes while stirring. Remove. Add vanilla, sugar. Stir in gelatine dissolved in hot water. When cold, and beginning to thicken, fold in stiffly beaten egg whites. Pour over fruit. Cool, and chill. Decorate with whipped cream, and extra apricot halves. Serves 8.

BANANA AND PASSIONFRUIT FLUMMERY

2 level tablespoons powdered gelatine
½ cup orange juice
1 tablespoon lemon juice
4 level tablespoons flour
¼ cup cold water
1¾ cups hot water
½ cup sugar
1 cup sliced banana
¼ cup passionfruit pulp
Glace cherries, angelica to decorate

Soak gelatine in fruit juices. Blend flour in cold water, add to hot water and sugar, stir until boiling, simmer 5 minutes. Add softened gelatine, stir until dissolved. Remove. Cool until thickening slightly. Whip for ten minutes until like stiff cream. Stir in banana and passionfruit. Pile into glass dishes, chill until firm. Top each with half cherry and few bits of angelica. Serve with or without cream or custard. Serves 6.

ORANGE FLUFF

2 level tablespoons powdered gelatine
½ cup sugar
1 cup hot water
1 cup orange juice
1 tablespoon lemon juice
Orange colouring
¼ cup cream
2 egg whites
2 level teaspoons grated orange rind
Extra cream, orange sections to decorate

Dissolve gelatine, sugar, in hot water. Add fruit juices, few drops orange colouring. When almost set, whisk in the cream, very stiffly beaten egg whites, and the very lightly grated orange rind. Chill lightly. Serve in tall glasses, topped with puff of extra whipped cream. Decorate with orange sections. Serves 6.

PEACH RICE CREAM

5 ozs. (⅔ cup) white rice
¾ cup boiling water
2 eggs (separated)
1 teaspoon vanilla
2 pints milk
3 level tablespoons sugar
½ level teaspoon salt
Cooked peaches
Whipped cream or ice-cream
Nuts to decorate

Simmer rice in boiling water 5-10 minutes, or until water is almost evaporated. Scald milk, add to rice with sugar, salt. Simmer 1 hour, stirring frequently to make creamy, and until rice grains are very soft. Add egg yolks, stir over gentle heat 2 minutes. Fold in stiffly beaten egg whites, vanilla. Turn into serving dish, leave until cold. Top with drained peach halves filled with whipped cream or ice-cream. Decorate with nuts. Serves 8.

TROPICAL DESSERT

1 lb. tin pineapple pieces or, 1¼ cups cooked pineapple
2 level tablespoons cornflour
1½ cups milk
1 egg (separated)
1½ level tablespoons sugar
¼ teaspoon vanilla
½ cup coconut
1 cup pineapple syrup
1 tablespoon lemon juice
Extra sugar to taste
2 level tablespoons powdered gelatine
¼ cup hot water
Green colouring
Whipped cream, strawberries to decorate

Place drained pineapple in glass dish. Blend cornflour with little of the milk, heat remainder, add cornflour, continue stirring until boils. Simmer 3 minutes. Add egg yolk beaten with sugar, mix well, cook 2 minutes longer. Add vanilla, coconut. Cool slightly. Pour over pineapple. Chill. Combine pineapple syrup, lemon juice, add extra sugar to taste. Dissolve gelatine in hot water, stir into pineapple syrup with few drops green colouring. When almost set, whisk in very stiffly beaten egg whites. Pour over chilled custard. Leave in cool place until set. Decorate with whipped, sweetened cream and strawberries. Serves 6-8.

PEACH MELBA

1 preserved peach
Vanilla ice-cream
2 level tablespoons sieved raspberry jam
Little peach syrup
Whipped cream
Chopped walnuts

Place peach in glass sweets dish. Fill centre with ice-cream. Thin the jam with a little peach syrup, pour around peach. Top with whipped cream, sprinkle with nuts. Serves 1.

STRAWBERRY SUNDAE

Strawberries
Strawberry ice-cream
Whipped cream
Cashew nuts

Hull strawberries, rinse in colander, drain well. Slice berries into a sundae glass, cover with scoop of ice-cream. Top with whipped cream, decorate with a whole strawberry and nuts. Serves 1.

VANILLA ICE-CREAM

¾ pint fresh milk
½ cup sugar
2 level tablespoons flour
⅛ level teaspoon salt
¼ pint fresh cream
1½ teaspoons pure vanilla

Scald milk. Mix sugar, flour, salt, together. Stir into milk, continue stirring until boils, simmer 2 minutes. Cool. Whip chilled cream until it will just hold its shape, but no longer. Stir into cold mixture, beat well with rotary beater. Pour into wet refrigerator tray, freeze until firm around edge. Remove to chilled basin, stir well until smooth. Return to tray and continue freezing. Stir well once or twice more at intervals as mixture ices around edges of tray; add vanilla with final stirring. Return to tray, freeze rapidly until firm, but do not freeze ice-cream too hard. When set, turn refrigerator control to usual setting.

BANANA SPLIT

1 banana
2 scoops ice-cream
½ oz. plain chocolate
Chopped nuts
1 wafer biscuit

Peel, and cut banana in three lengthwise, place on individual long, narrow dish. Put two scoops of ice-cream on top, cover with cooled, melted chocolate and nuts. Decorate with wafer biscuit halves. Three smaller scoops of ice-cream may be used, the centre one being coloured. Serves 1.

SUNFLOWER TRIFLE

1 7-inch layer of sponge cake
Apricot jam
2 medium bananas
1 pint lemon jelly
2 large fresh peaches (or drained, canned peaches)
¼ pint cream
Chocolate sprinkles

Split sponge, spread one half with apricot jam, cover with sliced banana dipped in lemon juice (to prevent discolouration), replace top. Cut sponge into cubes, arrange in flat, glass dish. Prepare jelly (according to type), sprinkle ⅛ cup over sponge. When remainder is almost set, spoon over top. Chill until firm. Cut each peach into eight, arrange around edge of dish in form of a large sunflower. Fill centre with whipped, sweetened cream sprinkled with chocolate sprinkles. Serves 8.

APRICOTS IN SAGO WITH COCONUT SAUCE

6 ozs. (1¼ cups firmly packed) dried apricots
3 cups cold water
2 ozs. (⅓ cup) sago
Extra ½ cup water
½ cup brown sugar (lightly filled)
5 level teaspoons custard powder
2 cups milk
4 level teaspoons sugar
½ cup desiccated coconut
Pinch salt

Soak apricots in water overnight, soak sago in extra water. Place fruit, brown sugar, in saucepan, simmer 2 minutes until tender. Drain off syrup, return to saucepan with soaked sago, stir until boils and sago is clear. Pour over apricots in serving dish. Cool.

Coconut Sauce: Blend custard powder in little of the milk, heat remainder in saucepan with sugar, coconut, salt. Add blended custard powder, stir until boils and thickens, simmer 2 minutes longer while stirring. Cool with lid on saucepan to prevent skin forming on surface. Serve with cold apricots. Serves 4.

PINEAPPLE SNOW

1½ cups shredded fresh pineapple with juice
½ cup water
⅓ cup sugar, or more
2 level tablespoons powdered gelatine
Extra ¼ cup cold water
2 teaspoons lemon juice
2 egg whites
Whipped cream, cherries, angelica to decorate

Cut a small pineapple in two lengthwise. With fork remove fruit to measure 1½ cups with juice. Add water, sugar, simmer 15 minutes or until very tender. Measure, and add hot water to make 2 cups. Add gelatine soaked in extra cold water, stir until dissolved. Add lemon juice. When beginning to set, use a spoon to beat in the stiffly-beaten egg whites. Beat until white like snow. Turn into wetted mould, chill until set. Unmould, decorate with whipped cream, chopped cherries, angelica. Serves 5.

APPLE SPONGE

1 cup hot liquid drained from stewed apple
1 egg (separated)
¼ cup sugar
2 level tablespoons powdered gelatine
¼ cup water
2 tablespoons lemon juice
1 level teaspoon grated lemon rind
1¼ cups drained, stewed apple pulp
Yellow colouring
Whipped cream, cherries, wafer biscuits to decorate

Place hot liquid in saucepan, add egg yolk beaten with sugar, cook 3 minutes while stirring. Remove. Add gelatine dissolved in hot water, lemon juice, rind. Stir in apple pulp. When beginning to set, fold in stiffly beaten egg white, and few drops colouring. Pour into wetted mould, chill until firm. Unmould, decorate with whipped cream and cherries. Serve with wafer biscuits. Serves 4.

BANANA JUNKET

4 bananas
1 pint milk
1 level tablespoon sugar
½ teaspoon vanilla
Colouring
Junket tablet
Whipped cream
Banana slices

Slice bananas into 5 individual glasses. Warm milk to blood heat; add sugar, vanilla, colouring. Stir until dissolved. Add junket tablet crushed and dissolved as directed by the manufacturer, stir quickly. Pour at once over sliced bananas, stand in warm place until set, about 15 minutes. Chill. Immediately before serving, top with whipped cream and one or two banana slices.

PINEAPPLE SAGO SPONGE

2 cups grated, fresh pineapple with juice
2 ozs. (⅓ cup) sago
½ cup sugar
1¼ cups water
1 egg (separated)
1 tablespoon lemon juice
¼ level teaspoon salt
Whipped cream, coconut to decorate

Soak grated pineapple, sago, sugar, water, together overnight or for few hours. Bring to boiling point, stirring continually. Simmer until sago is clear, stirring occasionally to prevent lumpiness. Beat egg yolk with little of hot mixture, stir into pineapple, cook gently 3 minutes. Meanwhile whisk egg white stiffly with salt, add lemon juice. Slowly pour boiling mixture on to egg white, beating constantly with spoon. Cool, and chill slightly. Serve in small dishes, topped with whipped cream, and sprinkled with coconut. Serves 4.

PASTRIES and PIES

WHOLEMEAL SHORTCRUST PASTRY

4 ozs. (1 cup) wholemeal flour
4 ozs. (1 cup) white flour
½ level teaspoon salt
4 ozs. butter substitute
¼ cup water

Mix dry ingredients, rub in shortening, mix to a dry dough with water. Knead lightly on floured board, roll out as required. Bake in very hot oven (500° F. electric, 450° F. gas).

BISCUIT PASTRY

4 ozs. (1 cup) wholemeal flour
4 ozs. (1 cup) white flour
½ level teaspoon salt
4 ozs. butter substitute
3 level tablespoons sugar
1 egg yolk
3-4 tablespoons milk

Sift dry ingredients, rub in shortening, add sugar. Mix to dry dough with beaten egg yolk and milk. Knead lightly on floured board, roll out as required. Bake in barely very hot oven (475° F. electric, 425° F. gas).

FLAKY PASTRY

6 ozs. white margarine
8 ozs. (2 cups) flour
1 level teaspoon salt
1 teaspoon lemon juice
Cold water to mix

Divide shortening into four portions. Rub one portion into sifted flour and salt, mix to a pliable dough with lemon juice and cold water. Roll to oblong sheet ⅛ inch in thickness, place second portion of shortening (chilled) in knobs over surface, fold in three. Seal edges with rolling pin, give pastry a half turn, roll out again. Repeat until shortening is used. Stand in cool place to allow shortening to harden. Roll out, fold in three again, then use as required.

POTATO PASTRY

4 ozs. (1 cup) wholemeal flour
½ level teaspoon salt
1 oz. butter substitute
1 cup dry potato, mashed while hot
¼ cup milk

Sift dry ingredients, rub in shortening; rub in cold, mashed potato. Mix to a fairly firm dough with milk. Mould lightly on floured board, roll out to thickness required. Bake in very hot oven (500° F. electric, 450° F. gas).

MAKE-YOUR-OWN MIX

1 lb. shortening
2 lbs. flour
2 level teaspoons salt

Rub shortening into sifted flour and salt with tips of fingers, or chop in with pastry blender until like fine breadcrumbs. Store in closed container until required for pastry making.

APPLE CHARLOTTE

1 lb. (4 medium) Granny Smith apples
¼ cup sugar
Thin strip lemon rind
¼ cup water
2 level tablespoons cornflour

PASTRY:
3 ozs. butter substitute
6 ozs. (1½ cups) wheatmeal
2 ozs. (½ cup) cornflour
1 level teaspoon salt
3 level tablespoons sugar
1 egg
1-2 tablespoons milk
4 ozs. Glace Icing (page 89)
Chopped walnuts to decorate

Peel and slice apples, add sugar to taste, lemon rind, water. Stew gently until soft. Thicken with cornflour blended in very little cold water. Cool. Prepare pastry. Rub shortening into sifted dry ingredients, add sugar, mix to dry dough with beaten egg and milk. Roll out two-thirds of dough, line well-greased 8-inch sandwich tin. Fill with cold apple, moisten edges of pastry, cover with balance of rolled pastry. Pinch a frill around edge. Bake in hot oven (450° F. electric, 400° F. gas) 40 minutes. Allow to remain in tin a few minutes before carefully removing to rack. When cold, top with thin coat of lemon-flavoured warm icing, sprinkle with chopped walnuts. Serves 8.

APRICOT SNOWFLAKE PIE

6 ozs. Biscuit Pastry (page 61)
3½ level tablespoons cornflour
1½ cups milk
¼ cup sugar
1 egg (separated)
¾ cup cooked apricot pulp
¼ cup coconut
1 teaspoon vanilla
¼ level teaspoon salt
Extra coconut to decorate

Roll pastry, line 7-inch tart plate, pinch frill around edge. Prick base and sides of tart with fork. Bake in barely very hot oven (475° F. electric, 425° F. gas) 15 minutes. Cool. Blend cornflour with milk, add sugar, stir until boils, simmer 3 minutes. Add egg yolk beaten with little of the hot mixture, cook 2 minutes longer while stirring. Remove. Add apricot pulp, coconut, vanilla. Lightly fold in egg white beaten with salt until stiff. Fill into baked pastry case. Sprinkle top lightly with extra coconut. Serves 8.

BANANA CREAM PIE

1 8-inch cooked biscuit pastry case
4 level tablespoons custard powder
2 cups milk
3 level tablespoons sugar
2 level teaspoons butter substitute

Blend custard powder with some of the milk, add balance of milk and sugar. Stir over heat until mixture boils and thickens. Simmer 2-3 minutes. Fold in shortening, rind, vanilla. Slice bananas into cold pastry case. Pour custard over. When cold, pipe or spoon whipped cream around edge,

1 level teaspoon grated lemon rind
½ teaspoon vanilla
3 medium bananas
¼ pint cream
Extra banana slices, lemon juice

decorate with extra banana slices dipped in lemon juice to prevent discolouration. Serves 8.

GLAZED CHERRY TART

4 ozs. Wholemeal Pastry (page 61)
1¼ cups stewed, sweetened dark cherries
1 cup cherry syrup and water
2 teaspoons lemon juice
Sugar to taste
4 level teaspoons cornflour
Red colouring
Icing sugar to decorate

Roll pastry thinly, line 7-inch tart plate, prick base and sides well with fork. Pinch frill around edge. Cut pastry scraps into star shapes with fancy cutter, brush with milk, place on greased tray. Bake in very hot oven (500°F. electric, 450°F. gas) 15 minutes, removing pastry stars before becoming too brown. Cool. Carefully arrange drained, pitted cherries in cold pastry case. Blend cherry syrup and water, lemon juice, sugar, cornflour. Stir over low heat until boils and thickens, simmer 3 minutes. Add few drops red colouring, pour over cherries. Decorate with pastry stars dusted with icing sugar, allow to set. Serve with cream or custard. Serves 6.

BANANA MERINGUE PIE

1 cooked 7-inch pastry case
3 level tablespoons flour
1½ cups milk
1 egg (separated)
2 level tablespoons sugar
1½ level tablespoons butter substitute
¼ teaspoon vanilla
¼ level teaspoon grated lemon rind
1 extra tablespoon sugar
2 bananas
Toasted coconut, extra banana, lemon juice to decorate

Blend flour in a little of the milk. Boil remainder, add flour mixture, stir until boils and thickens, simmer 5 minutes stirring frequently. Add egg yolk mixed with sugar, stir 3 minutes longer (it will not curdle). Add shortening, vanilla, rind. Remove, cool slightly. Slice bananas over base of cold pastry case, cover with custard. Beat egg white stiffly, gradually add extra sugar, beat until stiff. Stand basin over saucepan of boiling water, whip for 2 minutes. Pile around edge of pie, sprinkle with toasted coconut (or chopped walnuts). Decorate with a few extra banana slices dipped in lemon juice to prevent discolouration. Serves 8.

APPLE PUFFS

1 lb. apples
Grated lemon rind
Sugar to taste
2 level tablespoons butter substitute
8 ozs. Biscuit Pastry (page 61)
Egg white
Castor sugar

Place pared, sliced apples in saucepan with lemon rind, shortening, sugar to taste. Simmer to a pulp, leave until cold. Roll pastry thinly, cut rounds with 4-inch cutter. Brush edges with milk, place spoonful of cold apple in centre of each round. Join moistened edges over top. Brush over with egg white (left over from pastry), dredge with castor sugar. Bake in barely very hot oven (475° F. electric, 425° F. gas) 20 minutes. Serve hot or cold with custard. Yield 6 puffs.

ORANGE MERINGUE PIE

1 8-inch biscuit pastry case
4 level tablespoons cornflour
2 eggs (separated)
1 cup water
1 cup orange juice
½ cup sugar
1 tablespoon lemon juice
1 level tablespoon grated orange rind
Extra 4 level tablespoons sugar
Coconut to decorate

Blend cornflour, egg yolks, in some of the water. Put remainder in saucepan with orange juice, sugar, bring to boiling point. Add blended ingredients, continue to stir 3 minutes. Remove. Add lemon juice, orange rind. When half cold, turn into cooked and cooled pastry case. Beat egg whites until stiff, gradually add extra sugar. Pile or spoon around edge of pie, sprinkle meringue with coconut. Place in very moderate oven to set and lightly brown meringue. Serve cold. Serves 8.

PINEAPPLE SPONGE TART

8 ozs. Biscuit Pastry (page 61)
1 lb. tin shredded pineapple
¼ cup water
3 level tablespoons cornflour
2 level teaspoons grated lemon rind
2 eggs (separated)
¼ cup coconut
Pinch salt
Whipped cream
Cherries to decorate

Roll pastry thinly. Line 9-inch tart plate, pinch a frill around edge, prick base and sides well with fork. Bake in barely very hot oven (475° F. electric, 425° F. gas) 15 minutes.

Place pineapple, water, cornflour, lemon rind, in saucepan. Stir over low heat until boils and thickens, simmer 3 minutes. Drop in egg yolks, mix thoroughly, stir 2 minutes longer. Add coconut. Remove. When nearly cold, beat egg whites stiffly with salt, fold evenly through mixture. Pile into cold pastry case. Chill. Decorate with whipped cream and chopped cherries.

LEMON FOAM PIE

1 9-inch cooked, deep pastry case
4 ozs. (½ cup) sugar
4½ level tablespoons cornflour
⅓ cup lemon juice
2 level tablespoons grated lemon rind
2 eggs (separated)
2 cups water
1 extra tablespoon water
2 extra level tablespoons sugar
Chopped nuts

Mix sugar (use half quantity for common lemons), cornflour, blend into lemon juice, add rind, beaten egg yolks, water. Stir over low heat until boils and thickens, simmer 3 minutes. Cool. Fold in one stiffly beaten egg white. Fill into cooled pastry case. Beat remaining egg white stiffly with extra water, gradually add extra sugar, beating to meringue consistency. Roughly pile on top of pie, sprinkle with chopped nuts. Brown and set meringue in moderate oven (400° F. electric, 350° F. gas) 15 minutes, or brown under griller. Serves 8.

APPLE TART DELICIOUS

3 ozs. (¾ cup) flour
3 level tablespoons cornflour
½ level teaspoon salt
3 level tablespoons butter substitute
1 level tablespoon sugar
1 egg yolk
1-2 tablespoons milk
1½ cups thick, sweetened apple pulp
1 level teaspoon grated lemon rind
1 cup Mock Whipped Cream (page 87)
Coconut to decorate

Sift dry ingredients, rub in shortening, add sugar. Mix to dry dough with beaten egg yolk and milk. Turn on to floured board, knead lightly, roll to fit 7-inch tart plate. Prick base and sides with fork, pinch frill around edge. Bake in barely very hot oven (475° F. electric, 425° F. gas) 15 minutes. Cool. Mix cold apple pulp with lemon rind, fill into cold tart case, cover with Mock Whipped Cream, sprinkle with coconut.

LEMON CHEESE TARTLETS

6 ozs. Wholemeal Pastry (page 61)
5 level tablespoons cornflour
½ cup sugar
⅓ cup lemon juice
Grated rind 2 lemons
2 egg yolks
1½ cups water
2 ozs. butter substitute
1 cup Mock Cream (page 87)

Roll out pastry, cut rounds with 3¼-inch cutter, line fluted patty tins, prick well with fork. Bake "blind" in barely very hot oven (475° F. electric, 425° F. gas) 8-10 minutes. Combine cornflour, sugar, lemon juice, rind, beaten egg yolks, water. Stir over low heat until boils and thickens, simmer 3 minutes. Add shortening, stir until melted. Remove from heat, cool slightly, fill into cold pastry cases. When thoroughly cold, pipe a rose of Mock Cream in centre of each tartlet. Yield 20 tartlets.

APPLE CREAM PIES

8 ozs. Biscuit Pastry (page 61)
1½ cups thick, sweetened apple pulp
¾ cup Mock Whipped Cream (page 87)
Icing sugar to decorate

Roll pastry thinly, cut large rounds, line deep patty tins, prick base and sides with fork. Cut an equal number of smaller rounds for tops, prick, and place separately on greased tray. Bake in barely very hot oven (475°F. electric, 425° F. gas) 10-12 minutes, removing tops before becoming too brown. When cold, place a small amount of cold apple in each case, pipe or spoon Mock Whipped Cream around edge. Place tops on lightly, pressing gently into cream on one side, leaving opposite side tilted to show filling. Dust tops with icing sugar. Yield 8 pies.

PRUNE TARTLETS

6 ozs. Biscuit Pastry (page 61)
½ lb. (40) small prunes
4 level teaspoons arrowroot
1 cup prune juice
¼ cup sugar
1 level tablespoon butter substitute
1 teaspoon essence of lemon
½ cup whipped cream

Roll out pastry, cut rounds with 3¼-inch cutter, cover 12 or 13 inverted patty tins (fluted ones). Prick well with fork. Bake in barely very hot oven (475° F. electric, 425° F. gas) 8-10 minutes. Cool. Remove stones from drained, unsweetened, stewed prunes, arrange 3 in each tart case. Combine arrowroot, prune juice, sugar, stir over low heat until boils and thickens, simmer 1 minute. Stir in shortening. Remove, add flavouring, cool slightly, spoon on top of prunes. When thoroughly cold, pipe a rose of whipped cream (or mock cream) in centre of each tartlet. Yield 12-13 tartlets.

BAKEWELL TARTLETS

6 ozs. Wholemeal Pastry (page 61)
3 level tablespoons jam
¾ cup currants
1½ level tablespoons chopped peel
2 level tablespoons butter substitute

Roll pastry thinly, cut rounds with fluted cutter, line small patty tins, put half-teaspoon jam in each, sprinkle with currants and peel mixed together. Cream shortening with sugar, add lemon rind, beat in egg yolk. Stir in breadcrumbs, coconut, lemon juice, fold in stiffly-beaten egg white. Spread over

4 level tablespoons sugar
Grated rind ½ lemon
1 egg (separated)
1½ ozs. (½ cup) soft breadcrumbs
1½ ozs. (½ cup) coconut
2 tablespoons lemon juice

currants. Bake in hot oven (450° F. electric, 400° F. gas) 20 minutes. Yield 18 tartlets.

STRAWBERRY GLACE TARTLETS

6 ozs. Biscuit Pastry (page 61)
¾ lb. (2 cups) strawberries
¼ cup sugar
½ cup water
1 level tablespoon arrowroot

Roll pastry thinly, cut rounds with 3¼-inch cutter, line fluted patty tins. Prick well with fork. Bake in barely very hot oven (475° F. electric, 425° F. gas) 8-10 minutes. Cool. Arrange strawberries in cold tart cases, reserving ⅔ cup. Slice reserved berries, place in saucepan with sugar and water, bring to boil. Strain off the juice. Blend arrowroot smoothly in little of the cold juice, add remainder, stir over low heat until thick and clear, simmer 1 minute. Cool slightly, spoon carefully on top of strawberries in tart cases. Allow to cool and set. Yield 12 tartlets.

MIX-YOUR-OWN WHOLEMEAL FLOUR

2 lbs. white plain flour
3 ozs. (1 cup) pollard
1 oz. (⅓ cup) wheat germ (or pollard)
6 ozs. (2½ cups) bran

Place flour, pollard, wheat germ, bran, into large bowl. Thoroughly mix with the hands until evenly blended. Use in any recipe where wholemeal flour is called for.

LARGE CAKES and SPONGES

LEMON SPONGE SANDWICH

3 eggs (separated)
¼ level teaspoon salt
4 ozs. (⅔ cup) castor sugar
Grated rind 1 lemon
4 ozs. (1 cup) flour
4 tablespoons milk
1 level tablespoon butter substitute
1 cup Mock Whipped Cream (page 87)
3 level tablespoons Lemon Butter (page 87)

Whisk egg whites and salt in a large basin over hot water until very stiff. Add yolks singly, beat well. Gradually add sugar, beat until very thick, light, and fluffy. Remove from heat. Add lemon rind. Sift flour four times, lightly fold in one-third at a time, using a flat wire beater inserted down the side of the basin and up through the batter with unhurried movements. Be very careful not to push out the air already beaten in. Boil milk and shortening, pour over sponge, stir only until evenly mixed. Pour equally into two well-greased 7-inch sandwich tins. Bake in moderately hot oven (425° F. electric, 375°F. gas) 25 minutes. Cool on rack. When cold, fill with three-quarters of the cream, pipe balance around edge of top, fill centre with Lemon Butter.

ORANGE FLUFF SANDWICH

4 eggs (separated)
Pinch salt
¾ cup sugar
4 ozs. (1 cup) flour
2 level tablespoons arrowroot
2 level tablespoons butter substitute
4 tablespoons milk
Orange Filling (page 87)
Icing sugar to decorate

Grease two 8-inch sandwich tins, dust with equal quantity of cornflour and icing sugar. Make and bake sponge as described above. Cool on rack. When cold, fill with Orange Filling, and dredge top with sifted icing sugar.

LEMON SWISS ROLL

3 eggs (separated)
¼ level teaspoon salt
4 ozs. sugar
4 ozs. (1 cup) flour
5 tablespoons boiling milk
Lemon Filling (page 87)
Icing sugar to decorate

Make and bake sponge as directed for Lemon Sponge Sandwich. Bake 20 minutes in greased and lined 10 x 12-inch Swiss roll tin. Turn on to white paper dusted with castor sugar. Roll up in the paper quickly. Unroll, then roll without paper, place on rack. When cool, fill with Lemon Filling, dust top with sifted icing sugar.

APPLE CREAM SPONGE

Half quantity Orange Fluff Sandwich (page 69)
½-¾ cup thick, stewed sweetened apple pulp
½ cup Mock Whipped Cream (page 87)
Little passionfruit or cherries
Icing sugar to decorate

Make one layer of Orange Fluff Sandwich, and bake it in 7-inch sandwich tin. Cool on rack. When cold, slice out a 5½-inch round from top of sponge, making a cavity about ½-inch deep in the centre. Fill cavity with cold apple pulp. Pipe mounds of cream (reserve 2 level tablespoons) around edge of apple. Halve the sliced-off piece of sponge, replace on cake (butterfly fashion). Pipe reserved cream along centre depression, top with a squeeze of passionfruit or 3 cherries. Dredge whole of top with icing sugar—a pretty cake for the party table!

SINGLE SPONGES

3 large eggs (separated)
Pinch salt
4 ozs. sugar
3 ozs. (¾ cup) flour
1 oz. (3 level tablespoons) cornflour
5 tablespoons milk
2 level teaspoons butter substitute
1-1½ cups Mock Cream (page 87)
Vanilla and almond essence
Toasted coconut, passionfruit
Pink or green colouring
Chopped walnuts

Well grease two 7-inch sandwich tins. Make and bake sponge same as directed for Lemon Sponge Sandwich. Turn carefully on to rack. When cold, thickly cover the flat base of one cake with vanilla-flavoured Mock Cream. Mark a lattice design by drawing the back of thick knife through cream. Sprinkle with toasted coconut and squeeze of passionfruit. Cover remaining cake with almond-flavoured cream, tinted with few drops of colouring. Mark same as first cake, sprinkle with chopped nuts.

CHOCOLATE PEPPERMINT ROLL

2 eggs (separated)
¼ level teaspoon salt
⅓ cup sugar
2 ozs. (½ cup) flour
1 level tablespoon cocoa
3 tablespoons boiling water
Coconut to decorate

Grease a 7 x 11 Swiss roll tin, line it with greased greaseproof paper. Make and bake sponge same as directed for Lemon Sponge Sandwich, sifting the flour and cocoa together. Bake 25 minutes or until firm to touch. Turn on to lightly sugared paper. Quickly trim off crisp edges, roll up in the paper. Hold a few seconds, unroll, then roll without paper, place on rack. When cold, spread with Peppermint Mock Cream, re-roll. Lastly, roll in coconut.

Peppermint Mock Cream: Cream 1½ ozs. butter substitute, add ½ cup icing sugar (sifted after measuring), beat until white. Add peppermint essence, beat until fluffy.

CHRISTMAS CAKE

1 lb. currants
8 ozs. sultanas
8 ozs. seeded raisins
4 ozs. chopped dates
4 ozs. shredded peel
2 ozs. cherries
2 ozs. ground almonds
2 ozs. chopped walnuts
12 ozs. (3 cups) flour
1 level teaspoon salt
½ level teaspoon nutmeg
½ level teaspoon cinnamon
8 ozs. butter substitute
8 ozs. brown sugar
1 level tablespoon grated orange rind
2 level teaspoons grated lemon rind
¼ teaspoon almond essence
½ teaspoon vanilla essence
4 eggs
4 level tablespoons treacle
2 tablespoons caramel colouring
6 tablespoons orange juice

Line base and sides of 8-inch cake tin with two layers brown paper and one layer of white paper to come 1½ inches above rim. Place prepared fruits, peel, nuts, in large basin. Sift dry ingredients together, deduct ½ cup, add balance to fruit, mix well. Cream shortening thoroughly with sugar, rinds, essences. Add eggs singly, beating well after each addition; add treacle. Fold in reserved ½ cup flour, add caramel, orange juice. Pour over flour-coated fruit and nuts, mix thoroughly until creamy. Turn into prepared tin, bake in slow oven (325° F. electric, 275° F. gas) 4 hours. Reduce heat, cover cake with ungreased brown paper bag during last hour of cooking. Cool in tin. When quite cold, wrap in greaseproof paper, store in airtight tin for 2-3 weeks. Ice as desired.

ORANGE RING CAKE

6 ozs. butter substitute
6 ozs. castor sugar
Grated rind 1 large orange
Grated rind 1 small lemon
3 eggs (separated)
6 ozs. (1½ cups) flour
½ level teaspoon salt
Butter icing (page 88)

Cream shortening with sugar, rinds, until soft and fluffy. Add egg yolks, beat well. Fold in well-sifted dry ingredients, lastly fold in stiffly beaten egg whites. Turn into well-greased ring cake tin, base lined with greased paper. Bake in moderate oven 1 hour. Cool on rack. Cover with orange-flavoured Butter Icing.

ICED GOLDEN SPONGE

3 eggs (separated)
¼ level teaspoon salt
4 ozs. (⅔ cup) castor sugar
1 level tablespoon golden syrup
4 ozs. (1 cup) flour
½ level teaspoon cinnamon

Well grease two 7-inch sandwich tins. Make and bake sponge same as directed for Lemon Sponge Sandwich, adding syrup after the sugar, beating well, and sifting all dry ingredients together. Cool on rack, Spread one layer with

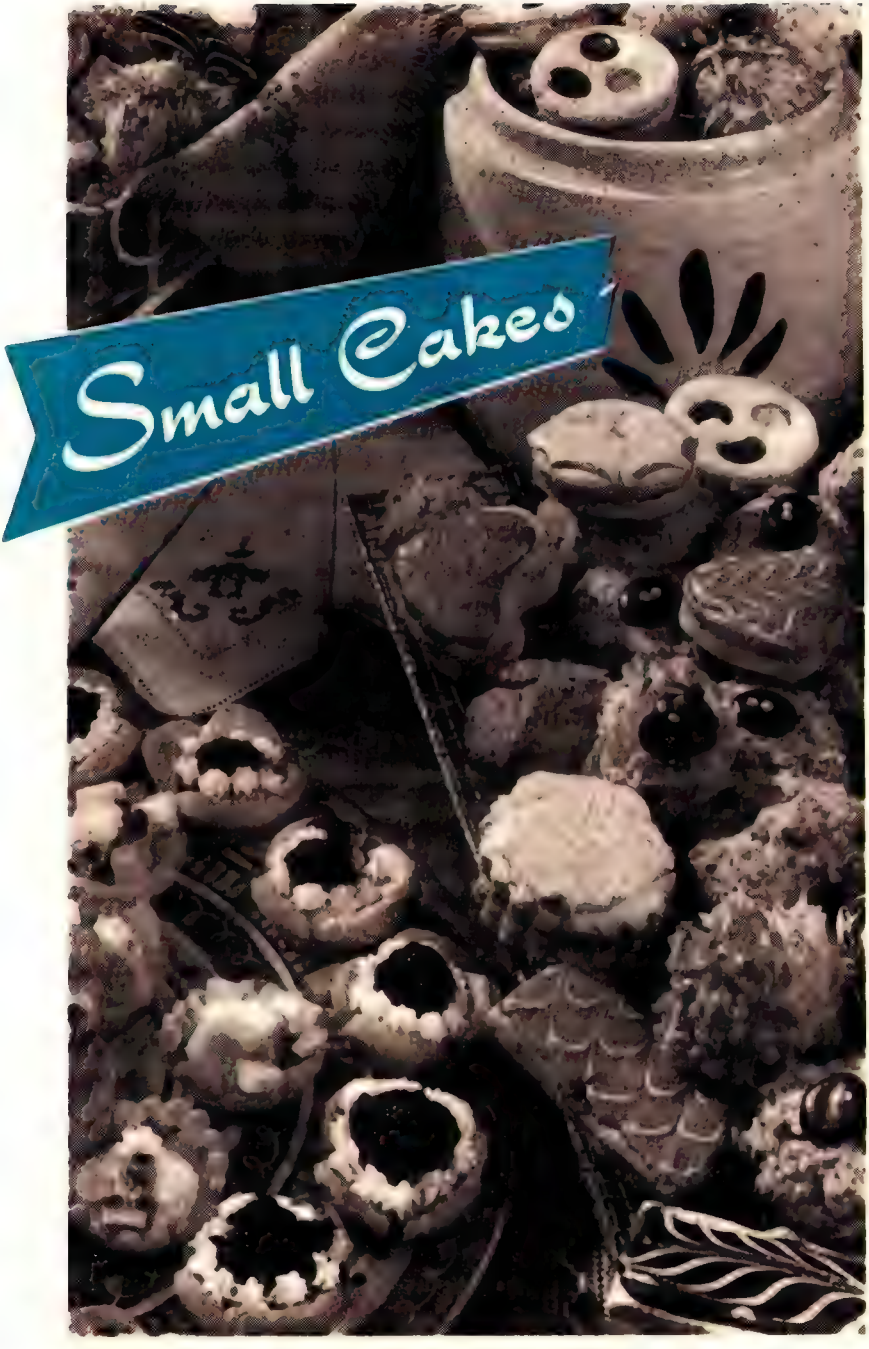
2 level teaspoons cocoa
4 tablespoons milk
1 level tablespoon butter substitute
Red jam
1 cup Mock Cream (page 87)
⅓ lot Chocolate Glace Icing (page 89)
Cherries to decorate

red jam and Mock Cream, place other layer on top. Pin a paper collar around sponge, cover top with warm Chocolate Glace Icing. When setting, remove paper, decorate with piped Mock Cream, and cherries.

LIGHT FRUIT CAKE

6 ozs. butter substitute
6 ozs. sugar
½ teaspoon vanilla
½ teaspoon yolk colouring
3 eggs
9 ozs. (2¼ cups) flour
1 level teaspoon salt
12 ozs. mixed fruit, peel, cherries
3 tablespoons lemon juice and water
Few almonds

Cream shortening with sugar, vanilla, colouring. Add eggs singly, beating well after each addition. Sift dry ingredients, mix half with chopped fruits. Add balance of dry ingredients alternately with floured fruit, lemon juice, and water to the creamed mixture. Turn into single paper-lined 7-inch cake tin. Level top of cake, sprinkle with split, blanched almonds. Bake in slow oven (350° F. electric, 300° F. gas) - 2¾-3 hours, reducing heat for last ½ hour. Cool in tin. Store in airtight tin 2 weeks before cutting. Ice if desired.


Small Cakes

ECLAIRS

3 ozs. butter substitute
½ pint water
5 ozs. (1¼ cups) plain flour
¼ level teaspoon salt
4 eggs
1 cup fresh cream, or 2 cups Mock Whipped Cream (page 87)
Glace Icing (page 89)

Bring shortening, water, to boil in saucepan; add sifted flour, salt, stirring vigorously. Beat until smooth and leaves sides of saucepan. Cool. Add eggs singly, beat until smooth. Fill mixture into greaseproof paper bag fitted with plain ¾-inch nozzle. Pipe 3-inch lengths on to greased tray, spacing well apart. Bake in very hot oven (500° F. electric, 450° F. gas) 10 minutes. Reduce heat to moderate (400° F. electric, 350° F. gas), cook further 35-40 minutes until crisp and golden brown. Place on rack, slit sides, remove any moist centre with small teaspoon. When cold, pipe or spoon vanilla-flavoured whipped, sweetened cream, or mock cream into cavity. Dip tops in either chocolate or plain Warm Glace Icing. Yield 2 dozen small, or 16 large eclairs.

NAPOLEONS

4 ozs. Flaky Pastry (page 61)
Sponge cake
Raspberry jam
Mock Whipped Cream (page 87)
White Glace Icing (page 89)
Toasted almonds or coconut

Cut pastry in halves, roll each half thinly to fit 10 x 12-inch Swiss roll tin. Trim edges, prick well to prevent blistering. Bake in hot oven (450° F. electric, 400° F. gas) about 10 minutes, without scorching. Cool. Prepare sponge mixture as for Lemon Swiss Roll (page 70), and put it in greased and floured tin same size as pastry. Bake in moderately hot oven (425° F. electric, 375° F. gas) 20 minutes. Cool on rack. For easier handling and cutting, put cake together in its tin. Spread each layer of pastry with jam, top with Mock Whipped Cream, sandwiching cold sponge between the two. Cover top with thin layer of White Glace Icing, sprinkle with chopped, toasted almonds, or coconut. Cut into four long strips with sharp knife, then cut crosswise into eight, making 32 Napoleons.

VANILLA SLICES

4 ozs. Flaky Pastry (page 61)
5 level tablespoons cornflour
½ cup sugar
2 cups water
1 slice lemon
2 level tablespoons butter substitute
1 teaspoon pure vanilla essence
Yellow colouring
Butter Icing (page 88)
Coloured sprinkles, coconut

Cut pastry in halves, roll each half to ⅛-inch thickness to fit 7 x 11 Swiss roll tin. Trim edges, prick well to prevent blistering. Bake in hot oven (450° F. electric, 400° F. gas) about 10 minutes, without scorching. Cool. Mix cornflour with sugar, blend with water, add lemon. Stir over low heat until boils and thickens. Simmer 3 minutes. Remove. Add shortening, vanilla, few drops of yellow colouring. Spread evenly on one layer of pastry. Lightly press other layer on top. When cold, cover top with very thin coat of Butter Icing coloured pale yellow. Sprinkle with half-teaspoon pastel-coloured sprinkles mixed with two teaspoons desiccated coconut. Cut into finger lengths. Yield 12 slices.

FLORAL CAKES

3 ozs. butter substitute
3 ozs. sugar
2 small eggs
3 ozs. (¾ cup) flour
¼ level teaspoon salt
Milk if needed
Butter Icing (page 88)
Pink and blue colouring

Cream shortening with sugar until light and fluffy, beat in eggs, fold in sifted flour, salt, adding a very little milk if needed. Spoon into greased round-bottomed patty tins. Bake in hot oven (450° F. electric, 400° F. gas) 15 minutes. Cool on rack, rounded side uppermost. Pipe a small rose of pale pink Butter Icing on top, with smaller rose of pale blue Butter Icing on each side. As an alternative decorate with one large pink rose on top, and press half a cherry in centre. Yield 10-12 cakes.

CHEESE CAKES

6 ozs. Biscuit Pastry (page 61)
Raspberry jam
2 ozs. butter substitute
2 ozs. sugar
1 egg
2 ozs. (½ cup) flour

Roll pastry thinly, cut rounds with fluted cutter, line patty tins, place a little jam in each. Cream shortening with sugar, add egg, beat well, mix in sifted flour. Spoon a little over jam, place a cross of pastry on top. Bake in hot oven (475° F. electric, 425° F. gas) 20 minutes. Yield 18 cakes.

MADELAINES

4 ozs. butter substitute
4 ozs. sugar
2 eggs
4 ozs. (1 cup) flour
¼ level teaspoon salt
Red jam
Desiccated coconut
Glace cherries, angelica

Cream shortening with sugar until light and fluffy. Add eggs singly, beating well. Fold in sifted flour, salt. Spoon into greased tins. Bake in hot oven (450° F. electric, 400° F. gas) 15 minutes. Cool on rack. Paint with warmed jam, roll in coconut, decorate top with half a cherry and 2 leaves of angelica. Yield 14 cakes.

SPONGE SQUARES

1 slab of sponge cake
Jam or mock cream
Chocolate Icing (page 88)
Desiccated coconut

Split cake, spread with jam or mock cream, and sandwich together again. Ice top with Chocolate Icing, and sprinkle with coconut. Cut into squares.

Biscuits AND Cookies

CHOCOLATE CUSTARD FINGERS

3 ozs. butter substitute
3 ozs. sugar
½ teaspoon vanilla
1 egg
5 ozs. (1¼ cups) flour
2 ozs. (½ cup) custard powder
Pinch salt
2 tablespoons milk

CHOCOLATE FILLING:
4 ozs. icing sugar
2 level tablespoons cocoa
2 level teaspoons margarine
5 teaspoons boiling water

Cream shortening with sugar, vanilla, thoroughly beat in egg. Add sifted dry ingredients alternately with milk. Pipe 2-inch lengths on to greased trays. Bake in hot oven (450° F. electric, 400° F. gas) 10 minutes until lightly coloured. Cool on trays. Join pairs with Chocolate Filling. Yield 3 dozen complete biscuits.

Chocolate Filling: Mix sifted icing sugar, cocoa, in a basin. Melt shortening in water, add to sugar and cocoa, beat until smooth. Fill Chocolate Custard Fingers.

COCONUT MACAROONS

2 egg whites
1 cup sugar
½ cup desiccated coconut
Extra sugar

Beat egg whites stiffly, gradually add sugar, beating to meringue consistency. Fold in coconut. Drop on to white paper on tin tray, thickly sprinkled with extra sugar. Flatten meringues with knife. Bake in slow oven (350° F. electric, 300° F. gas) 20-30 minutes or until firm and delicately tinted. Yield 50 macaroons.

FILLED BISCUITS

4 ozs. butter substitute
3 ozs. sugar
¼ teaspoon vanilla
1 egg
8 ozs. (2 cups) wholemeal flour
1 oz. (3 level tablespoons) cornflour
½ level teaspoon salt
2 tablespoons milk

FILLING:
3 ozs. (½ cup) chopped raisins
¼ cup brown sugar
1 level tablespoon flour
3 tablespoons orange juice
1 tablespoon lemon juice

Cream shortening, sugar, vanilla; add egg, beat well. Add sifted dry ingredients with milk. Chill. Roll out on lightly floured board to ⅛-inch thickness. Cut rounds with 2-inch cutter. Place small amount of filling in centre of half the rounds, moisten edges, cover with remaining rounds. Press edges together with fork, brush with milk, prick tops. Bake on greased tray in moderate oven (400° F. electric, 350° F. gas) 10-15 minutes. Yield 45 complete biscuits.

Filling: Combine all in small saucepan. Stir until boils and thickens. Cool. Use for Filled Biscuits.

LEMON CREAM KISSES

4 ozs. butter substitute
4 ozs. sugar
1 level teaspoon grated lemon rind
2 eggs
5 ozs. (1¼ cups) flour
5 ozs. (1¼ cups) cornflour
¼ cup milk
Icing sugar to decorate
½ cup Butter Cream (page 88)

Cream shortening with sugar, rind. Gradually add beaten eggs, beating well. Fold in sifted dry ingredients alternately with milk. Place in small spoonfuls on greased trays, leaving room for spreading. Bake in hot oven (450° F. electric, 400° F. gas) about 10 minutes, to a pale biscuit colour. Cool on rack. When cold, join pairs with lemon-flavoured Butter Cream, and dust tops with icing sugar. Yield 50 complete biscuits.

ORANGE BISCUITS

4 ozs. butter substitute
3 ozs. sugar
2 level teaspoons grated lemon rind
1 egg
8 ozs. (2 cups) flour
1 oz. (3 level tablespoons) cornflour
½ level teaspoons salt
2 tablespoons milk
¼ lot Butter Cream (page 88)

Cream shortening, sugar, rind; add beaten egg, beat well. Add sifted dry ingredients, milk. Chill. Knead slightly, roll out on lightly floured board to ⅛-inch thickness, cut rounds with 2-inch fluted cutter. Use scraps to cut into squares. Prick with fork, brush with milk. Place on greased trays, bake to a pale straw colour in moderate oven (400° F. electric, 350° F. gas) 10-15 minutes. Cool on rack. Join pairs with orange-flavoured Butter Cream. Yield 45 complete biscuits.

OATEN DATE COOKIES

6 ozs. butter substitute
4 ozs. (¾ cup) brown sugar
1 level teaspoon grated lemon rind
1 egg
4 ozs. (1⅔ cups) rolled oats
10 ozs. (2½ cups) flour
1 level teaspoon salt
1 level teaspoon cinnamon
1 level teaspoon nutmeg

FILLING:
4 ozs. chopped dates
1½ level teaspoons butter substitute
1 tablespoon lemon juice
1 tablespoon water

Cream shortening with sugar, rind; add beaten egg, beat well. Mix oats with remaining sifted dry ingredients, add to first mixture. Roll thinly on floured board, cut into squares or rounds with 2-inch fluted cutter. Bake on greased tray in hot oven (450° F. electric, 400° F. gas) 12-15 minutes to a pale biscuit colour. Cool on rack. Join pairs with date filling. Yield 40 complete biscuits.

Filling: Stir ingredients over gentle heat until soft and smooth. When cold, use to join Oaten Date Cookies.

RICE BISCUITS

3 ozs. butter substitute
3 ozs. sugar
¼ teaspoon vanilla
1 egg
4 ozs. (1 cup) flour
4 ozs. (⅔ cup lightly filled) rice flour
½ level teaspoon salt

Cream shortening, sugar, vanilla. Gradually add beaten egg. Mix in sifted dry ingredients. Knead slightly, roll on lightly-floured board to ¼-inch thickness. Cut into diamond shapes with cutter, prick with fork, lay on greased trays, bake in moderate oven (400° F. electric, 350° F. gas) 20 minutes to a pale biscuit colour. Yield 30 biscuits.

COCONUT CRUNCHIES

2 ozs. (½ cup) wholemeal flour
½ level teaspoon salt
½ cup coconut
½ cup rolled oats
2 ozs. (⅓ cup) brown sugar
2 cups cornflakes
2 ozs. butter substitute
3 level tablespoons golden syrup
1 egg

Sift flour, salt, add remaining dry ingredients. Soften shortening, add syrup, then the beaten egg. Add to dry ingredients, mix well. Roll small portions into balls, flatten, place on greased tray, bake in moderately hot oven (425° F. electric, 375° F. gas) 12-15 minutes. Yield 30 biscuits.

CURRANT COOKIES

2 ozs. butter substitute
2 ozs. sugar
¼ teaspoon vanilla
1 egg
3 ozs. (¾ cup) flour
1 oz. (¼ cup) cornflour
Pinch salt
1 oz. currants

Cream shortening with sugar, vanilla. Add beaten egg, beat well. Fold in sifted dry ingredients, currants. Chill. Roll small portions into balls, or drop from spoon on to greased tray; leave room for spreading. Bake in hot oven (450° F. electric, 400° F. gas) 15 minutes to a light biscuit colour. Cool on rack. Yield 20 cookies.

APRICOT DROPS

2 ozs. butter substitute
2 ozs. sugar
¼ teaspoon vanilla
1 egg
4 ozs. (1 cup) flour
¼ level teaspoon salt
Apricot jam

Cream shortening with sugar, vanilla. Gradually add beaten egg, beat well. Mix in sifted dry ingredients. Roll small portions into balls in floured hands, place on greased tray. Make deep impression in centre, almost fill with apricot jam. Bake in hot oven (450° F. electric, 400° F. gas) 12-15 minutes. Cool on rack. Yield 20 drops.

PEANUT BUTTER BISCUITS

2 ozs. butter substitute
2 ozs. peanut butter
½ cup sugar
1 egg
10 ozs. (2½ cups) flour
½ level teaspoon salt
2 tablespoons water
¼ lot Butter Cream (page 88)

Cream shortening with peanut butter, add sugar, beat until light. Add egg, beat until thick. Mix in sifted dry ingredients with water to form a stiff dough. Roll on lightly floured board to ⅛-inch thickness, cut rounds with 2-inch fluted cutter. Bake on greased tray in moderately hot oven (425° F. electric, 375° F. gas) 20 minutes. Cool on tray. Join pairs with chocolate Butter Cream made by adding a little cocoa to the Butter Cream. Yield 40 complete biscuits.

Yeast Breads and Buns

YEAST BREADS AND BUNS

100 PER CENT WHOLEMEAL BREAD

1 oz. compressed yeast
2 level tablespoons sugar
6 tablespoons oil or margarine
1 oz. (3 level tablespoons) salt
5½ cups warm water
4 lbs. wholemeal flour

Combine yeast, sugar, 1 cup of the warm water, ½ cup of the flour, in small basin. Cover, stand in warm place until covered with bubbles, about 30 minutes. Add oil or melted margarine, salt, to remainder of water, stir into sponge, mix into flour to form a dough. Knead for 5 minutes, using as little flour as possible. Wrap dish in teatowel and blanket, set to rise until double in bulk, about 1½ hours. Knock down, cut into four, lightly knead each loaf until elastic. Roll to length of tin, place in warm, oiled tins, cover with teatowel, and stand to rise about half the size again. Over-rising spoils the flavour. Bake in very hot oven (500° F. electric, 450° F. gas) for 15 minutes, reduce temperature to moderate (400° F. electric, 350° F. gas) for a further 45-60 minutes. Turn out of tins, cool on wire rack. Yield 4 loaves.

CURRANT BUNS

½ oz. compressed yeast
⅞ cup lukewarm water
4 level tablespoons sugar
3 level tablespoons butter substitute
1 egg
¾ level teaspoon salt
12 ozs. (3 cups) wholemeal flour
4 level tablespoons dry powdered milk
1 level teaspoon cinnamon
2 ozs. currants and candied peel

Dissolve yeast in water, add sugar, melted shortening, beaten egg, salt. Stir well. Sift, or mix together flour, dried powdered milk, spice; add currants and chopped peel. Add to the yeast mixture, beat well. Turn into quart billy, stand in saucepan of warm water (80°-85°), cover with saucepan lid. Stand away from draughts until dough rises to top of billy, about ½ hour for fresh yeast. Turn on to floured board, using extra flour to lightly mould dough into a soft lump. Cut into 20 even-sized pieces, shape into buns, place on greased scone tray over pan of warm water. Cover with paper hood until well-risen. Glaze with beaten egg-white. Bake in very hot oven (500° F. electric, 450° F. gas) 15-20 minutes. Yield 20 small buns.

CINNAMON FRUIT LOAF

½ oz. compressed yeast
¼ cup lukewarm water
1 cup milk
¼ cup brown sugar
3 level tablespoons butter substitute
4 level teaspoons cinnamon
1 level teaspoon salt
6 ozs. (1½ cups) wholemeal flour
8 ozs. (2 cups) white flour
⅔ cup chopped raisins

Dissolve yeast in water. Scald milk, cool to lukewarm, add to yeast with sugar, melted shortening, cinnamon, salt. Stir into flour, knead 5 minutes. Cover, leave to rise in warm place until double in bulk. Add raisins, mould into loaf, place in greased 9 x 4-inch loaf tin to rise again until double. Bake in moderately hot oven (425° F. electric, 375° F. gas) 1 hour. Glaze while hot with 1 teaspoon sugar, 1 teaspoon boiling water, ¼ teaspoon cinnamon. Cool on wire rack.

YEAST ROLLS

10 ozs. (2½ cups) wholemeal flour
8 ozs. (2 cups) white flour
1 level teaspoon salt
2 ozs. butter substitute
1 oz. compressed yeast
¼ cup sugar
¾ cup scalded milk, cooled to lukewarm
¾ cup lukewarm water

Warm the mixed flour, add salt, rub in fat. Cream yeast with sugar, add lukewarm milk and water, and mix into flour to give a soft, elastic dough. Knead 8 minutes on floured board; cover; put in warm place to rise until doubled in size.

Divide into even-sized pieces, form into finger lengths. Place on greased baking tin. Cover with paper hood and allow to rise in warm place about 30 minutes. Bake in very hot oven (500° F. electric, 450° F. gas) 15-20 minutes. Yield 24 rolls.

FAN TANS

Use the same recipe as for yeast rolls. When dough has doubled in size, turn on to floured board and divide into two. Roll each into an oblong about 18 inches long and 10½ inches wide. Brush lightly with melted shortening. Cut into 7 strips each 1½ inches wide; stack strips on top of each other. Chop off 1½ inch portions. Place, cut side up, in greased deep-sided patty tins. Cover with paper hood. Let rise and bake as directed for yeast rolls. Yield 24 fan tans.

CLOVER-LEAF ROLLS

Use the same recipe as for yeast rolls. When the dough has doubled in size, turn on to lightly floured board. Divide into 18 equal-sized pieces. Form each piece into 3 small balls. Brush with melted shortening, and place in greased deep-sided patty tins. Cover with paper hood, let rise and bake as directed for yeast rolls. Yield 18 rolls.

Fillings
AND
Frostings

MOCK CREAM

4 ozs. butter substitute
4 ozs. crystal sugar
⅜ cup boiling water
3 ozs. (⅜ cup) cold milk
½ teaspoon vanilla

Cream shortening with sugar until very light and fluffy. Gradually beat in boiling water, cold milk, adding them alternately a small amount at a time. Beat all thoroughly. Add flavouring. (In hot weather, decrease temperature of water). Yield 2⅛ cups.

MOCK WHIPPED CREAM

6 ozs. butter substitute
¾ cup icing sugar
¾ cup milk
1 teaspoon vanilla
1 egg white

Cream shortening (softened if too firm) with sifted icing sugar until white and fluffy. Gradually beat in milk (tepid, or hot according to season). Add vanilla. Fold in very stiffly beaten egg white. Whip vigorously until very light, and like real whipped cream. If a sweeter cream is desired, up to 6 ozs. icing sugar may be used. Yield 2⅔ cups.

LEMON BUTTER

1 egg
1 oz. butter
4 ozs. sugar
3 ozs. (⅜ cup) lemon juice
Grated rind 1 large lemon

Combine beaten egg with remaining ingredients, place in small saucepan, stir slowly over low heat until thickens. Simmer two minutes. Pour into clean, dry jar. Seal when thoroughly cold. Yield approximately 1 cup.

LEMON FILLING

1½ level tablespoons cornflour
3 ozs. (⅜ cup) lemon juice
⅛ cup water
½ cup sugar
2 level teaspoons grated lemon rind
1 egg yolk

Blend cornflour in a little of the liquid, add balance with sugar, rind, beaten egg yolk. Stir over low heat until boils and thickens. Simmer 3 minutes, stirring. Cool. Use as filling for sponges. Yield approximately 1 cup.

ORANGE FILLING

1½ level tablespoons cornflour
½ cup orange juice
2 tablespoons lemon juice
⅓ cup sugar
1 level tablespoon grated orange rind
1 egg yolk

Blend cornflour in little of the orange juice, add balance with lemon juice, sugar, rind, beaten egg yolk. Stir over low heat until boils and thickens. Simmer 3 minutes, stirring. Cool. Use as a filling for sponge sandwich. Yield 1 cup.

ALMOND ICING

½ lb. ground almonds
½ lb. sieved icing sugar
1 egg
3 teaspoons lemon juice
1 teaspoon vanilla

Combine almonds, sieved icing sugar. Add beaten egg, lemon juice, vanilla. Knead thoroughly on board dusted with icing sugar. Roll out to fit cake. Brush cake with slightly-beaten egg white, to act as a glue. Cover top with almond icing, level with rolling pin. Cover sides with oblong strips of icing. Leave 24 hours before applying covering icing. Sufficient to cover 8-inch cake.

SOFT ROYAL ICING

1½ lbs. sieved icing sugar
2 egg whites
1 level teaspoon glucose
3 level tablespoons margarine
2 tablespoons lemon juice
Colouring

Place half the icing sugar in a basin, make a "well" in centre. Add the slightly-beaten egg whites, glucose, melted margarine, lemon juice. Beat in the icing sugar gradually with wooden spoon. Continue adding balance of icing sugar until mixture will hold its shape. Add few drops of colouring. Pour on to cake, smooth surface with broad-bladed knife dipped frequently in hot water. Decorate as desired. Leave 24 hours to dry before cutting.

BUTTER ICING OR CREAM

3 ozs. butter substitute
6 ozs. sieved icing sugar
Flavouring
Colouring

Cream shortening until soft, beat in sugar by degrees, continue beating until smooth and creamy. Add flavouring, also colouring if desired. Spread over cake. If necessary, a little hot water may be added to make icing spread more easily.

CHOCOLATE ICING

1 oz. dark chocolate
7 teaspoons water
4 ozs. icing sugar
½ teaspoon vanilla

Melt chocolate in water, cool slightly. Pour over sifted icing sugar and vanilla. Beat until smooth and glossy, spread over cake. If icing becomes too cold, put in a saucepan of warm water, and beat until of a coating consistency. Sufficient to cover 7-inch layer cake.

GLACE ICING

6 ozs. icing sugar
2-3 tablespoons warm water
Flavouring
Colouring

Sieve icing sugar, add sufficient of the water to give a good coating consistency. Beat well until smooth and glossy. Add flavouring and colouring as desired. Spread over cake, leave until set.

Chocolate Glace Icing: Add 3 level tablespoons cocoa to the icing sugar.

Lemon Glace Icing: Replace water by same amount of strained lemon juice.

WARM GLACE ICING

Use same ingredients as above, put sieved icing sugar into small saucepan. gradually add boiling water, mixing to a smooth paste, just thin enough to pour slowly from spoon. Add flavouring and colouring. Stir over low heat for 15-30 seconds to warm slightly. Overheating dulls icing. Pour quickly over cake, smooth surface with knife dipped in hot water.

COCONUT ICE FROSTING

6 ozs. icing sugar
½ cup desiccated coconut
2 teaspoons lemon juice
1 oz. white margarine
1 tablespoon milk
Pink colouring

Put sifted icing sugar, coconut, lemon juice, in a basin. Melt shortening with milk, add to ingredients in basin. Beat until smooth and glossy, and of a spreading consistency. Colour a delicate pink by adding colouring carefully from knitting needle.

Sandwiches

TOMATO SAVOURY

4 level tablespoons finely chopped onion
Little margarine
¾ cup sieved, cooked tomato
1 egg
1 level teaspoon Marmite
¼ cup hot water
4 black olives
Salt to taste
Cracker biscuit crumbs

Simmer onion in fat until soft. Add hot tomato, stir in beaten egg, cook until thickened without boiling. Add Marmite, hot water, finely chopped olives, salt. Thicken with finely rolled cracker crumbs. Yield 1½ cups.

EGG AND MAYONNAISE

Mash hard-boiled eggs, season with salt. Mix to a spreading consistency with mayonnaise.

EGG AND PARSLEY

Mash hard-boiled eggs, season with salt, chopped parsley. Mix to a spreading consistency with fresh cream.

EGG AND LETTUCE

Cut out thick midrib from lettuce leaf, cover with cold egg omelette. Season with mayonnaise.

NUTOLENE AND CELERY

Mash Sanitarium Nutolene with fork, mix with very finely chopped celery and salt.

NUT MEAT AND TOMATO

Mash Sanitarium Nut Meat with fork, mix with chopped, drained tomato, grated onion, and salt.

BEAN AND LETTUCE

Mash Lima or dark brown beans cooked fairly dry. Season with lemon juice, herbs, and salt.

OLIVE AND MAYONNAISE

Remove stones from black olives, chop finely, season with mayonnaise

COTTAGE CHEESE AND CHIVES

Mix cottage cheese with chopped green tops of chives. Season with cream.

PEANUT BUTTER AND OLIVES

Mix peanut butter to a smooth cream with little cold water added a little at a time. Fold in chopped black olives. Add lettuce and mayonnaise.

CARROT AND CELERY

To grated carrot add finely chopped celery. Flavour with chopped onion and mayonnaise.

CUCUMBER AND LETTUCE

Slice cucumber thinly. Add grated onion, salt, lettuce leaf, mayonnaise.

DATE AND NUT

Chop dates, combine with chopped nuts and a little cream.

WALNUT AND RAISIN

Mince raisins, combine with ground or chopped walnuts.

BANANA AND NUT BUTTER

Cream peanut butter in very little cold water, beat into mashed banana.

PEANUT BUTTER AND HONEY

Blend equal parts of peanut butter and honey to form a nice spreading consistency.

WALNUT AND HONEY

Chop walnuts very finely, bind together with candied honey.

Miscellaneous RECIPES

HOMEMADE COTTAGE CHEESE

1 quart skim milk
3 ozs. (⅜ cup) lemon juice
1 tablespoon lemon juice
½ level teaspoon salt
Cream of milk.

Stir lemon juice into cold milk, stand 15 minutes or until milk thickens. Place over very low heat until separates into thick, soft curds, and the whey is lemon-coloured with no cloudiness remaining. Avoid over-heating, or curds will be tough. Drain for 15 minutes in muslin-lined colander. Turn curd into basin, add the tablespoon lemon juice and salt, also portion of cream skimmed off the scalded milk. Mix until quite smooth. The cheese should be firm, but not dry or crumbly, or too wet through insufficient draining. Use on bread and butter, with vegetable salads, or in recipes. Finely chopped parsley or mint are nice flavourings but must be added fresh daily. Yield ½ pint.

Note: Milk low in protein content is not satisfactory for the making of cottage cheese. Powdered milk is satisfactory only if the mixed milk is well heated so as to thoroughly dissolve the dry powder, then cooled before adding lemon juice. Incompletely dissolved milk powder will yield only a wet powdery substance instead of thick, soft curds.

JAM SUBSTITUTE

3 ozs. dried apricots
Boiling water
½ cup honey or golden syrup

Drop apricots into boiling water to cover. Allow to soak until soft. Drain well, chop to a mush, or press through sieve. Place honey or syrup into small saucepan, bring to boil. Remove. Add apricot mush, stir until well blended. Pour into clean, dry glass. Cover when cold. Keeps for months. Yield approximately 1 cup.

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